

# NAPDDR ACTIVITIES IN WEST BENGAL

**VOL – I (MAIN REPORT)**

**VOL – II** (DISTRICT REPORT-ALIPURDUAR)

**VOL – III** (DISTRICT REPORT-COOCH BEHAR)

**VOL – IV** (DISTRICT REPORT-DARJEELING)

**VOL – V** (DISTRICT REPORT-JALPAIGUR)

**VOL – VI** (DISTRICT REPORT-KALIMPONG)

**VOL –VII** (DISTRICT REPORT-SILIGURI)

## PROJECT REPORT 2019-20

### VOL- I

STATE COUNCIL OF EDUCATIONAL RESEARCH & TRAINING

DEPARTMENT OF SCHOOL EDUCATION

GOVERNMENT OF WEST BENGAL

# *Project Report*

*Awareness Generation and Capacity Building Programme  
under  
National Action Plan on Drug Demand Reduction (NAPDDR)*

**NATIONAL INSTITUTE OF SOCIAL DEFENCE**

*Ministry of Social Justice and Empowerment, Government of India*

*In the State of West Bengal*

March, 2020

submitted by :-



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## PROJECT SUMMARY



<b>Project title:</b>	Awareness Generation and Capacity Building Programme in the Six districts of Darjeeling, Kalimpong, Siliguri, Jalpaiguri, Alipurduar & Cooch Behar of West Bengal under National Action Plan on Drug Demand Reduction.
<b>Sanction Order:</b>	F.No.45/15/2019-NCADAP/NAPDDR dated 23.08.2019
<b>Project duration:</b>	Within 30.09.2019
<b>Extension(s) (if applicable):</b>	Yes, due to Durga Puja Celebration in West Bengal the programme could not be completed and extension of 2 months were necessary and approved vide email dated 04.10.2019 at 3.20 P.M. of the Research Officer & In-Charge (NCDAP)
<b>Executive agency:</b>	SCERT, Department of School Education, Govt. of West Bengal
<b>Implementing partner(s):</b>	DIETs of Alipurduar, Cooch Behar, Jalpaiguri, Siliguri , Darjeeling & Kalimpong
<b>Total budget :</b>	Rs.17,00,000/- vide F.No. 45/15/2019-NCADAP/NAPDDR dated 23.08.2019
<b>Sanctioned budget:</b>	Rs.13,60,000/- (80% of total Budget) plus previous balance of Rs.5,240/-, i.e., Rs.13,65,240/- vide F.No. 45/15/2019-NCADAP/NAPDDR dated 16.09.2019
<b>Target :</b>	<b>Physical :-</b> <ol style="list-style-type: none"> <li>50 nos. of one day awareness programme at the School Level for Students &amp; Parents,</li> <li>5 nos. of One day capacity building programme for teachers,</li> <li>2 nos. of two days capacity building programme for Master Trainers,</li> <li>1 no. of two days orientation of SRG</li> </ol>
	<b>Human Resources:-</b> <ol style="list-style-type: none"> <li>2500 Students,</li> <li>2500 Parents,</li> <li>200 teachers,</li> <li>50 Master Trainers,</li> <li>45 State Resource Group Members</li> </ol>

<b>Coverage:</b>	<p><b>Physical :-</b></p> <p>I. 70 nos. of one day awareness programme at the School Level for Students &amp; Parents,</p> <p>II. 6 nos. of one day capacity building programme for teachers,</p> <p>III. 2 nos. of two days capacity building programme for Master Trainers,</p> <p>IV. 1 no. of two days orientation of SRG,</p> <p>V. 1 no. of one day meeting with District Level Officials,</p> <p>VI. 1 no. of SRG workshop</p> <p><b>Human Resources:-</b></p> <p>I. 3277 Students</p> <p>II. 2579 Guardians</p> <p>III. 331 Teachers</p> <p>IV. 70 Master Trainers</p> <p>V. 366 Community Members</p> <p>VI. 20 SRGs</p>
<b>Achievement</b>	<p><b>Physical :-</b></p> <p>I. 140%</p> <p>II. 120%</p> <p>III. 100%</p> <p>IV. 100%</p> <p>V. 100% (Additional Achievement)</p> <p><b>Human Resources:-</b></p> <p>I. 131.08%</p> <p>II. 103.16%</p> <p>III. 165.5%</p> <p>IV. 140%</p> <p>V. 100% Additional Achievement</p> <p>VI. 44.44%</p>
<b>Date of report :</b>	<b>11.03.2020</b>

## PROJECT PROGRESS

Ministry of Social Justice & Empowerment, Government of India is the nodal ministry of Drug Demand Reduction in the country. In this regard, the National Institute of Social Defence, an Autonomous Institute under the Ministry has been conducting various awareness and capacity building programmes on the issue of drug use/abuse in collaboration with various Institutes/agencies in different States.

### **May, 2019**

The NISD vide its memo F.No.45/7/2019-NCDAP/NAPDDR dated 22.05.2019 requested the SCERT, West Bengal for proposal for awareness generation and Capacity building Programme on drug demand reduction in schools. The NISD had provided a project proposal template to submit the proposal.

### **July, 2019**

SCERT, West Bengal had submitted the proposal to NISD in their template vide Memo no. 386/F.No.686/SCERT dated 22.07.2019. SCERT, West Bengal had submitted the proposal with an involvement of Rs.51,75,000/- and proposed to cover 18060 persons in 131 days.

### **August, 2019**

NISD organised a one day Workshop on “Substance Use Prevention for Directors & Nodal Officers of SCERT” on 02<sup>nd</sup> August, 2019 through NCERT.

The NISD sanctioned Rs.17,00,000/- to SCERT, Department of School Education , GoWB for the programme and it was mentioned in the sanction order that the programme has to be completed within 30<sup>th</sup> September, 2019 . Accordingly, NISD released Rs.13,60,000 being 80% of the total sanctioned amount.

### **September - October, 2019**

Meanwhile, SCERT was doing the First Phase of ‘School Leadership Development’ as approved by the PAB of Samagra Shiksha Abhiyan. It was then felt appropriate to hold

the First State Resource Group Meeting on 19<sup>th</sup> September, 2019 at DIET, Alipurduar and the second SRG was scheduled on 24<sup>th</sup> -25<sup>th</sup> September, 2019 at SCERT, Kolkata. In these two days, the SRG developed the training materials and various formats for the programme. On 30.10.2019, the SRG again met for finalisation of transaction modalities, school level activities and the training plan.

### **November 3, 2019, Sunday**

The SRG left Kolkata on 3<sup>rd</sup> November (Sunday) for Alipurduar from Santragachhi Station at 10.25 a.m. and reached the DIET, Alipurduar at 2.00 a.m. of Monday through NJP Station.

### **November 4, 2019, Monday**

A meeting was convened by Shri Nilanjan Bala, the State Coordinator of the project, involving Shri Ajit Saha, the Officer-in-Charge, DIET, Alipurduar, the Staff of the DIET and the members of the SRG on the planning and execution of the Capacity Building Workshop to be organised on November 5 & 6, and 8 & 9, 2019 at DIET, Alipurduar.

Training materials provided in personal files were prepared for the MT trainees for November 5 & 6, 2019.

Attendance sheets and activity modules pertaining to the School Based Activity were prepared, and the stationary for the same were procured.

Documents pertaining to attendance and participation of the MT trainees including the Attendance Sheet, School Based Activity Kit Delivery Sheet and TA calculation sheet were prepared.

The conference room was prepared for the MT training for the Districts of Darjeeling, Kalimpong and Koch Bihar with provision for power point presentation, soft copy of the material for the MT presentation and material for the MT activity.

**November 5, 2019, Tuesday**

**10:00 AM:** Head of the Institutions of the selected 10 schools each from the Districts of Darjeeling and Kalimpong, and 15 from the District of Cooch Behar or, in limited instances, their representatives for the MT Training were received at the venue and registered in the prescribed format. Breakfast was served.



**10:30 AM:** The Morning Session of the First day of the MT Training began with the welcome address by Shri Ajit Saha, the Officer-in-Charge of the Alipurduar DIET. The course of the training was explained at length by Shri Nilanjan Bala, the State Programme Coordinator of the training programmes.



Thereafter the training was imparted through the first part of the MT training presentation by the SRG of the training programme, Smt. Sharmishtha Bhattacharya, Shri Arup Sengupta and Shri Pradip Jha in an interactive session including responses and suggestions from the trainees and their group activities. 02:00 PM: Lunch was served.



**02:30 PM:** The Afternoon Session of the First day of the MT Training continued with the remaining part of the MT presentation in an interactive session including responses and suggestions from the trainees and their group activities.



**05:00 PM:** The Afternoon Session of the First Day broke with the evening tea.

Thereafter, the Multipurpose Hall was prepared for the RP training with provision for power point presentation, soft copy of the material for the RP presentation and material for the RP activity.

The training materials provided in personal files were prepared for the RP training of the Assistant Teachers.

Documents pertaining to attendance and participation of the RP trainees including the Attendance Sheet and TA calculation sheet were prepared.





The School Based Activity Kit containing the Material List, the Event Report and the Utilisation Format, the Students' and Guardians' Attendance and Activity sheets, Students' Activity Modules and the stationary for the same were prepared for individual participant schools.

### **November 6, 2019, Wednesday**

**10:00 AM:** Head of the Institutions of the selected schools or in limited instances their representatives for the MT Training as also the 5 Assistant Teachers from each school from the Districts of Darjeeling, Kalimpong and Cooch Behar selected for the RP Training reported at the venue and registered in the prescribed format. Breakfast was served.



**10:30 AM:** Two training sessions were started at the same time and were conducted parallelly.

The First Half of the Session of the Second day of the MT Training began in the Conference Hall. At first, Dr. Chhanda Ray, the Director of the SCERT addressed the participants on the rationale and necessity of the present programme and its impact.

Thereafter, Dr. Chhanda Ray and Shri Nilanjan Bala imparted the training on the organisation of the School Based Activity including its planning, implementation, reporting and mode of expenditure.



The First Half of the Single Day Session of the RP Training began in the Multipurpose Hall with the welcome address by Shri Ajit Saha, the Officer-in-Charge of the Alipurduar DIET, followed by the opening speech of Dr. Chhanda Ray, the Director of the SCERT replete with the rationale and necessity of the present programme and its impact. The course of the training was explained at length by Shri Nilanjan Bala, the State Project Coordinator of the training programmes.

Thereafter the AT training was imparted through the RP training presentation by the SRG of the training programme, Smt. Sharmishtha Bhattacharya, Shri Arup Sengupta and Shri Pradip Jha in an interactive session including responses and suggestions from the trainees and their group activities.

**12:30 PM:** The Second Half of the Session of both the MT and the RP trainings were jointly organised in the Multipurpose Hall. The SRG of the NAPDDR project Smt. Sharmishtha Bhattacharya, Shri Pradip Jha and Shri Arup Sengupta oriented MTs and the RPs in an interactive session including responses and suggestions from the participants regarding how to organise the school level sensitization program for the Students and their Guardians. Detail discussion was made regarding the activities in the first half first session and their creative activities in the second session.

**02:30 PM:** The Session broke with the Lunch.

After lunch, the trainees were distributed the Activity kits and their TA at the end of the Session.

### **November 7, 2019, Thursday**

Training materials for the Capacity Building Workshop on November 8 & 9, 2019 provided in personal files were prepared for the MT trainees.

Attendance sheets and activity modules pertaining to the School Based Activity were prepared, and the stationary for the same were procured.

Documents pertaining to attendance and participation of the MT trainees including the Attendance Sheet, School Based Activity Kit Delivery Sheet and TA calculation sheet were prepared.

The conference room was prepared for the MT training for the Districts of Siliguri, Jalpaiguri and Alipurduar with provision for power point presentation, soft copy of the material for the MT presentation and material for the MT activity.

### **November 8, 2019, Friday**

**10:00 AM:** Head of the Institutions of the selected 10 schools from the Districts of Siliguri, and 15 each from the District of Jalpaiguri and Alipurduar, in limited instances, their representatives for the MT Training were received at the venue and registered in the prescribed format. Breakfast was served.

**10:30 AM:** The Morning Session of the First day of the MT Training began with the welcome address by Shri Ajit Saha, the Officer-in-Charge of the Alipurduar DIET. The course of the training was explained at length by Shri Nilanjan Bala, the State Programme Coordinator of the training programmes.

Thereafter the training was imparted through the first part of the MT training presentation by the SRG of the training programme, Smt. Sharmishtha Bhattacharya, Shri Arup Sengupta and Shri Pradip Jha in an interactive session including responses and suggestions from the trainees and their group activities.

**2:00 PM:** Lunch was served.

**02:30 PM:** The Afternoon Session of the First day of the MT Training continued with the remaining part of the MT presentation in an interactive session including responses and suggestions from the trainees and their group activities.



**05:00:** The Afternoon Session of the First Day broke with the evening tea.

Thereafter, the Multipurpose Hall was prepared for the RP training with provision for power point presentation, soft copy of the material for the RP presentation and material for the RP activity.

The training materials provided in personal files were prepared for the RP training of the Assistant Teachers.

Documents pertaining to attendance and participation of the RP trainees including the Attendance Sheet and TA calculation sheet were prepared.

The School Based Activity Kit containing the Material List, the Event Report and the Utilisation Format, the Students' and Guardians' Attendance and Activity sheets, Students' Activity Modules and the stationary for the same were prepared for individual participant schools.

## **November 9, 2019, Saturday**

10:00 AM: Head of the Institutions of the selected schools or in limited instances their representatives for the MT Training as also the 5 Assistant Teachers from each school from the Districts of Siliguri, Jalpaiguri and Alipurduar selected for the RP Training reported the venue and registered in the prescribed format. Breakfast was served.

**10:30 AM:** Two training sessions were started at the same time and were conducted parallelly.



The First Half of the Session of the Second day of the MT Training began in the Conference Hall. At first, Dr. Chhanda Ray, the Director of the SCERT addressed the participants on the rationale and necessity of the present programme and its impact. Thereafter, Dr. Chhanda Roy and Shri Nilanjan Bala imparted the training on the organisation of the School Based Activity including its planning, implementation, reporting and mode of expenditure.

The First Half of the Single Day Session of the RP Training began in the Multipurpose Hall with the welcome address by Shri Ajit Saha, the Officer-in-Charge of the Alipurduar DIET, followed by the opening speech of Dr. Chhanda Ray, the Director of the SCERT replete with the rationale and necessity of the present programme and its impact. The course of the training was explained at length by Shri Nilanjan Bala, the State Project Coordinator of the training programmes.

Thereafter the AT training was imparted through the RP training presentation by the SRG of the training programme, Smt. Sharmishtha Bhattacharya, Shri Arup Sengupta and Shri Pradip Jha in an interactive session including responses and suggestions from the trainees and their group activities.

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interactive session including responses and suggestions from the participants regarding how to organise the school level sensitization program for the Students and their Guardians. Detail discussion was made regarding the activities in the first session and their creative activities in the second session.

**02:30 PM:** The Session broke with the Lunch.

After lunch, the trainees were distributed the Activity kits and their TA at the end of the Session.



### **November 10, 2019, Sunday**

The project Team deliberated and developed a Monitoring Schedule to be used in the programme. The schedule was finalised and then SRGs prepared the Report of the programme of the last few days. The team also finalised the monitoring plan for the schools. Two of the SRGs left Alipurduar in the evening for Kolkata. The other team members visited various offices of the district in search of scanner by which the data was meant to be digitised and the team thanks DI/S (SE), Alipurduar for loan of the scanner. For last few days, it was hectic; therefore, the team called it a day around 11.00 p.m.

### **November 11, 2019, Monday**

The School based programme was held in the districts of Darjeeling, Kalimpong, & Cooch Behar.

The Principal, DIET, Darjeeling did the monitoring of schools of Darjeeling and the Principal, Kalimpong PTTI and his team monitored the schools of Kalimpong. The F.O., SCERT, Sk. Anisujjaman and HOI & SRG, Altaf Hossain monitored 5 schools of Cooch Behar, the Principal, DIET, Cooch Behar & Shri Pradip Jha, SRG monitored 5 schools of Cooch Behar & Shri Ajit Saha, OC, DIET Alipurduar, Shri Ranjan Roy, HOI & SRG,

Shri Subhadeep Maiti, Staff, DIET North 24 Parganas & SRG and Shri Sujit Halder, Staff, DIET Murshidabad & SRG visited the 4 schools. The teams collected all the materials from the schools and deposited the same at DIET, Alipurduar. The last monitoring team reached DIET, Alipurduar at around 10.30 p.m.

### **November 12, 2019, Tuesday**

This is a rest day for the team but the team at Alipurduar started digitising the school based materials of Cooch Behar and Alipurduar. The State Coordinator held a meeting with the monitoring team of Siliguri which comprised of HOIs and Samsul Alam, HOI & SRG and briefed them about the monitoring format and collected the materials of Darjeeling at Siliguri. Meanwhile, Mr. Alam was requisitioned by the Commissionerate a training programme for the HOIs of Darjeeling & Kalimpong and the responsibility of monitoring thus fall on the State Coordinator.

### **November 13, 2019, Wednesday**

The School based programme was held in the districts of Siliguri, Alipurduar & Jalpaiguri. Shri Ajit Saha, OC, DIET, APD & Shri Ranjan Roy, HOI&SRG monitored 7 schools of Alipurduar. Shri Pradip Jha, SRG & Shri Subhadeep Maiti, Staff, DIET North 24 Parganas

monitored 5 schools of Alipurduar. Shri Sujit Halder, Staff, DIET Murshidabad & SRG and Altaf Hossain HOI & SRG, monitored 3 schools of Alipurduar. After monitoring and in the evening Shri Sujit Halder left Alipurduar for Kolkata. The last monitoring team of Alipurduar assembled and deposited the school based activity at around 9.00 p.m.

There was morning school in the Siliguri and it was a girl's school. The monitoring of Siliguri thus started from 7.00 a.m. The materials from Kalimpong were collected in the same day. The monitoring team and the HOIs gathered at Matigara Harasundar High School and checked all the materials. The State Coordinator left with the materials of Darjeeling, Siliguri & Kalimpong from Matigara at 8.00 p.m.

The OC, DIET, Jalpaiguri, Smt. Sharmistha Majumdar monitored 7 schools of Jalpaiguri and among the schools she visited there was one Ashram Type School at Dhapganj. Shri Kshounish Guha, HOI & SRG monitored 7 schools of Jalpaiguri.

The State Coordinator reached Jalpaiguri around 9.45 p.m. at Jalpaiguri and collected the materials as submitted by the district team of Jalpaiguri and left Jalpaiguri around 11.00 p.m.

The State Coordinator reached the DIET, Alipurduar with school based activity materials of Darjeeling, Kalimpong, Siliguri & Jalpaiguri at around 3.00 a.m. The team called it a day around 4.00 a.m. in the morning.

### **November 14, 2019, Thursday**

The team started working from 10.00 a.m. in the morning. The team sought help from WEBEL Technology Ltd and Cooch Behar DIET for scanning of the school based material as received from Siliguri, Jalpaiguri, Darjeeling and Kalimpong. The work was completed around 3.00 a.m. in the morning.



### **November 15, 2019, Friday**

The team collected the materials and packed them and left the DIET, Alipurduar around 2.00 p.m. to catch the train to Kolkata. The team carried with them all the guardian worksheet as received and collected. The State Coordinator & Shri Subhadeep Maiti, Staff, DIET North 24 Parganas on their way back to Kolkata discussed about various experiences about their monitoring and it was found these few days have opened up new sets of learning for the team.

### **November 16, 2019, Saturday**

The team reached Sealdah Station in the morning and with them carried back huge data which needs to be entered and analysed.

### **January, 22, 2020 Monday - February, 15, 2020, Saturday**

This huge data was entered by the Data Entry Operators from DIET, Nadia and Hooghly under the supervision of Shri Subhadeep Maiti, Staff, DIET North 24 Parganas & SRG and Shri Sujit Halder, Staff, DIET Murshidabad & SRG at SCERT.

The SRG again met on 14.02.2020-15.02.2020 to deliberate on the data and analysing qualitative data of the Monitoring Schedule. The chapters of the report cover page and the interpretation guidelines were discussed. It was discussed and approved unanimously that the Report writing team need to work again for one day on 25.02.2020 to finalise the report.

### **February, 15, 2020, Saturday- February, 24, 2020, Monday**

The data mining and analysis was undertaken by the State Team at SCERT in Kolkata.





**February, 25, 2020, Tuesday – March,11,2020, Wednesday**

The workshop was started from 11.00 a.m. and around 7.00 p.m. the report of NAPDDR activities were finalised with seven volumes. The volumes are –

- |   |                  |
|---|------------------|
| <b>1. Main Report</b>                             | <b>(Vol-I)</b>   |
| <b>2. District Activity Report of Alipurduar</b>  | <b>(Vol-II)</b>  |
| <b>3. District Activity Report of Cooch Behar</b> | <b>(Vol-III)</b> |
| <b>4. District Activity Report of Darjeeling</b>  | <b>(Vol-IV)</b>  |
| <b>5. District Activity Report of Jalpaiguri</b>  | <b>(Vol-V)</b>   |
| <b>6. District Activity Report of Kalimpong</b>   | <b>(Vol-VI)</b>  |
| <b>7. District Activity Report of Siliguri</b>    | <b>(Vol-VII)</b> |

The main report details and delineates the overall State Activity. It includes perceptions of the guardians regarding use of substance use and their aspirations about future of their children. The main report also catches the programme implementation through its various nuances from the system level perspective.

The six individual district reports details the actual outreach of the programme and contains data regarding school, teachers and students. The report also contains the various activities done by the students and guardians. The activities were drawing, slogan & poster making and creative writing. Here the schools were asked to submit a school wise report and the same is included.



## IMPLEMENTATION CHALLENGES

1. There was Durga Puja Festival in West Bengal in September and October, 2019 which forced the programme to seek for extension of time.
2. Due to time constraint, we could not develop training materials and worksheets in other languages than Bengali and English.
3. The programme remains pilot basis and all the schools of the districts could not be taken up.
4. Other than taking up the whole, identifying 50 students and restricting the numbers of parents to 50 posed challenges for the institutions.
5. The schools were interspersed throughout the district which posed challenges for proper supervision.
6. The time as decided for school programme fall in the time when Pre-Board examinations were due thus bringing students was also a challenge.
7. The Institutions were apprehensive about the participation of the Guardians and lot of deliberations were there whether the Guardians to be involved or not.



## PROJECT ISSUES & LESSONS LEARNED

**COVERAGE AT A GLANCE**

<b>District</b>	<b>No. of Schools</b>	<b>No. of Guardians Participated</b>	<b>No. of Students Participated</b>	<b>No. of MT</b>	<b>No. of RP</b>	<b>No. of Community Members</b>
<b>Alipurduar</b>	15	506	721	15	72	63
<b>Cooch Behar</b>	14	637	684	14	68	85
<b>Darjeeling</b>	7	237	314	7	30	44
<b>Kalimpong</b>	10	354	500	10	46	50
<b>Jalpaiguri</b>	14	499	615	14	70	77
<b>Siliguri</b>	10	346	443	10	45	47
<b>TOTAL</b>	<b>70</b>	<b>2579</b>	<b>3277</b>	<b>70</b>	<b>331</b>	<b>366</b>

## LESSONS LEARNED

This year the programme involved the guardians and a worksheet was used to survey the opinions of them regarding substance use and future of their children.

This year the programme also exploited a monitoring schedule to know about the issues of implementation and execution.

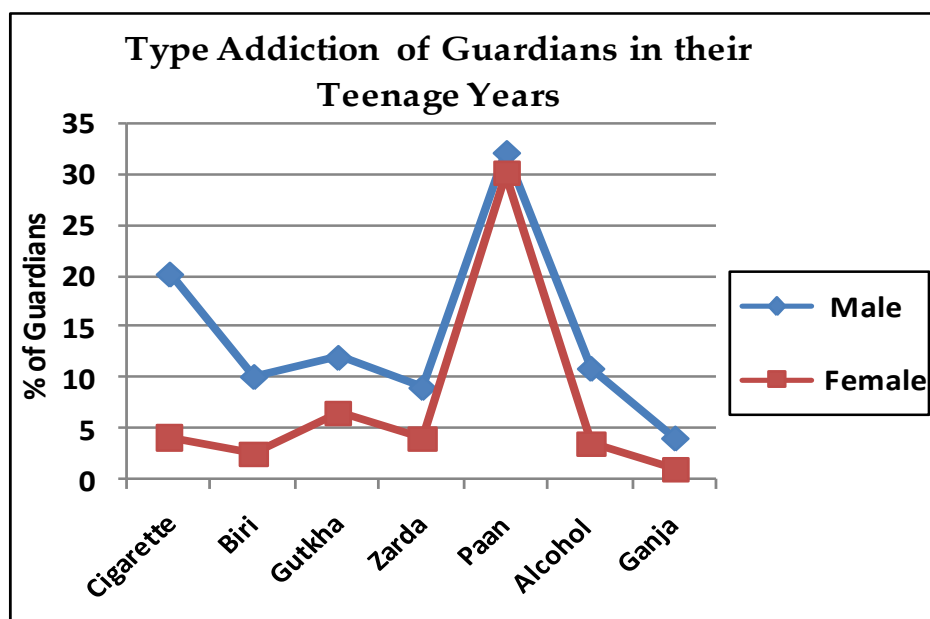
The project team learnt the following from the opinions of the guardians:

**Table- 1.a : Types of Substances used by the Guardians in Their Teenage Years**

Type of Addiction	Percentage of Guardians	
	Male	Female
Cigarette	20.24	4.11
Biri	10.12	2.49
Gutkha	12.01	6.48
Zarda	9.04	3.93
Paan	32.25	30.17
Alcohol	10.93	3.55
Ganja	4.05	1.00

The results revealed that the tendency of all kinds of substance use is quite common among the guardians during their teenage years, albeit lesser in the female members. The percentage of taking Paan, however, is comparable in both genders. Therefore, there might be some who may have addictions and some long substance users and thus it is imperative that NAPDDR

type of advocacy programme must involve the guardians from hence and probe the related issues further.

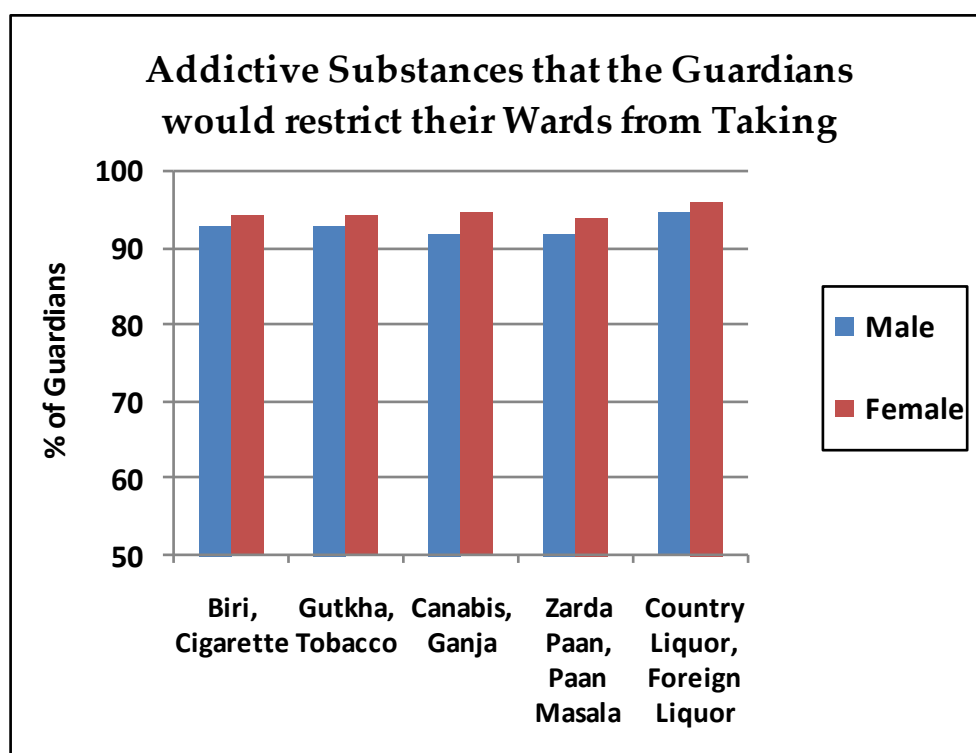


**Fig - 1.b**

**Table- 2.a: The Addictive Substances that the Guardians would restrict their Wards from Taking**

All guardians have unequivocally restricted their children from taking any type of substance despite having tried such substances during their own teenage years. Therefore, it is common aspiration that children must be refrained from using any type of substances. Therefore, NAPDDR advocacy programme may involve such activities which can exploit this aspiration.

Addictive Substances	Percentage of Guardians	
	Male	Female
<b>Biri, Cigarette</b>	92.98	94.45
<b>Gutkha , Tobacco</b>	92.98	94.26
<b>Cannabis, Ganja</b>	91.77	94.64
<b>Zarda Paan, Paan Masala</b>	92.04	94.01
<b>Country Liquor, Foreign Liquor</b>	94.74	96.26



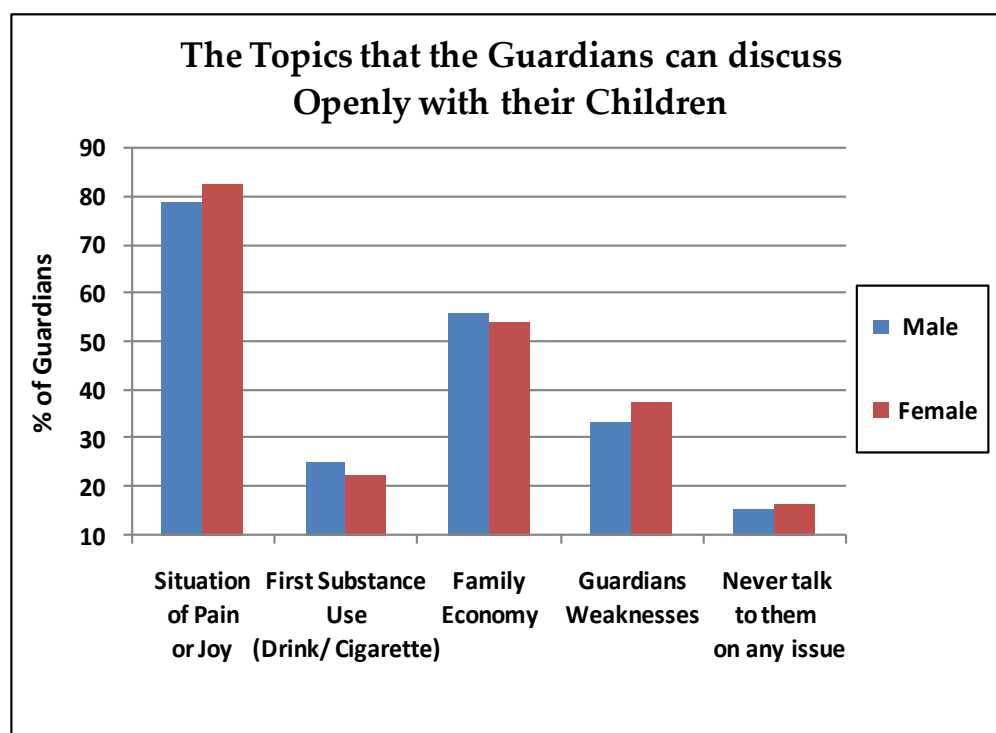
**Fig -2.b**

**Table- 3.a: The Topics on which Guardians feel they can discuss Openly with their Children**

Topics	Percentage of Guardians	
	Male	Female
<b>Situation of Pain or Joy</b>	79.08	82.61
<b>First Substance Use (Drink/ Cigarette)</b>	24.97	22.32
<b>Family Economy</b>	56.01	54.24
<b>Guardians Weaknesses</b>	33.20	37.34
<b>Never talk to them on any issue</b>	15.38	16.40

It was seen that the female guardians are more likely to discuss emotional issues with their wards whereas male guardians are more comfortable in discussing social and financial issues. Furthermore, a larger percentage of female guardians are open about discussing their weaknesses with their children than male guardians. Thus, the female guardians are source of strength and more participation of the female guardians

will be beneficial to reach the children.



**Fig –3.b**

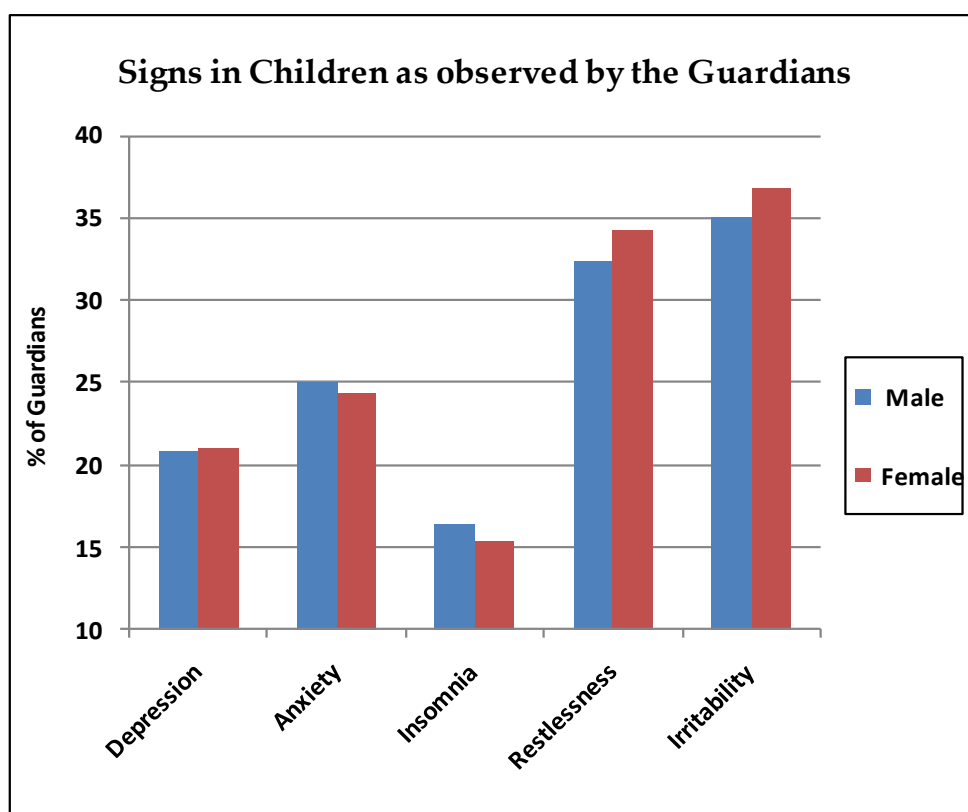
**Table- 4.a : The Signs in Children as observed by the Guardians**

The study shows that the guardians are able to identify and interpret physical behavior. However, the emotional behavioral issues are not easily identified by them. It may be an important focus area to make guardian able to identify the emotional issues of their children at an early stage and activities involving guardians may be such which capacitates

Signs	Percentage of Guardians	
	Male	Female
<b>Depression</b>	20.78	21.01
<b>Anxiety</b>	24.97	24.31
<b>Insomnia</b>	16.46	15.40
<b>Restlessness</b>	32.39	34.29
<b>Irritability</b>	35.09	36.85

**Fig -3.b**

them to identify such behaviors and help them tackle at an early stage and at their homes.



**Fig -4.b**

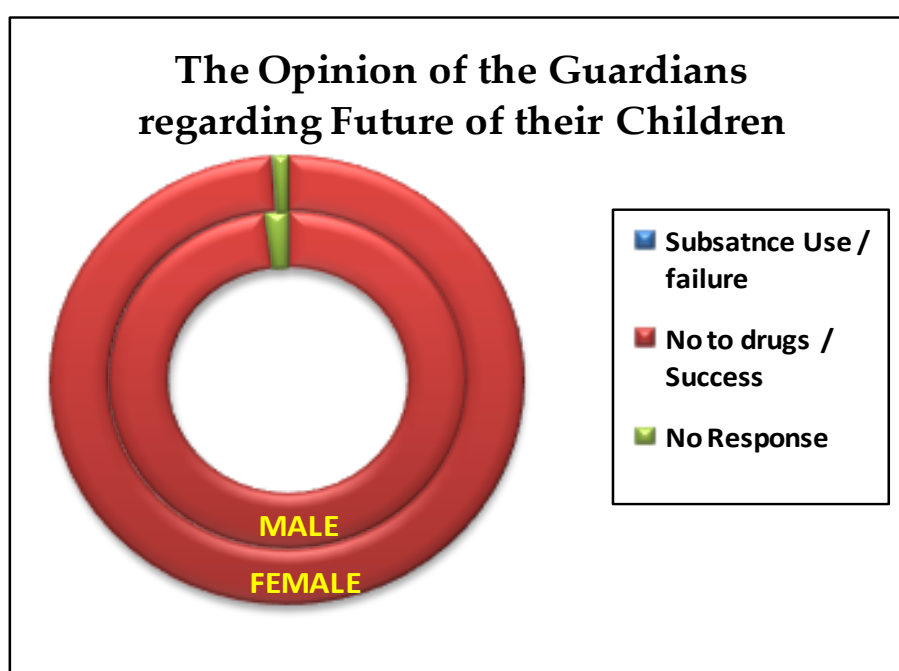


**Table- 5.a : The Opinion of the Guardians Regarding the Future of their Children**

Future of children	Opinion of Guardians (in Percentage)	
	Male	Female
Substance Use / failure	0	0
No to drugs / Success	98.11	98.57
No Response	2	1

Guardians, irrespective of gender, want their children to learn to say No to Drugs and to lead a successful life. There are a few who could not respond which needs to be probed and may be due to lack of supervision of the guardian activity. Therefore, the MRPs need to be given clear instructions to involve

themselves and take personal care dealing with the guardians.



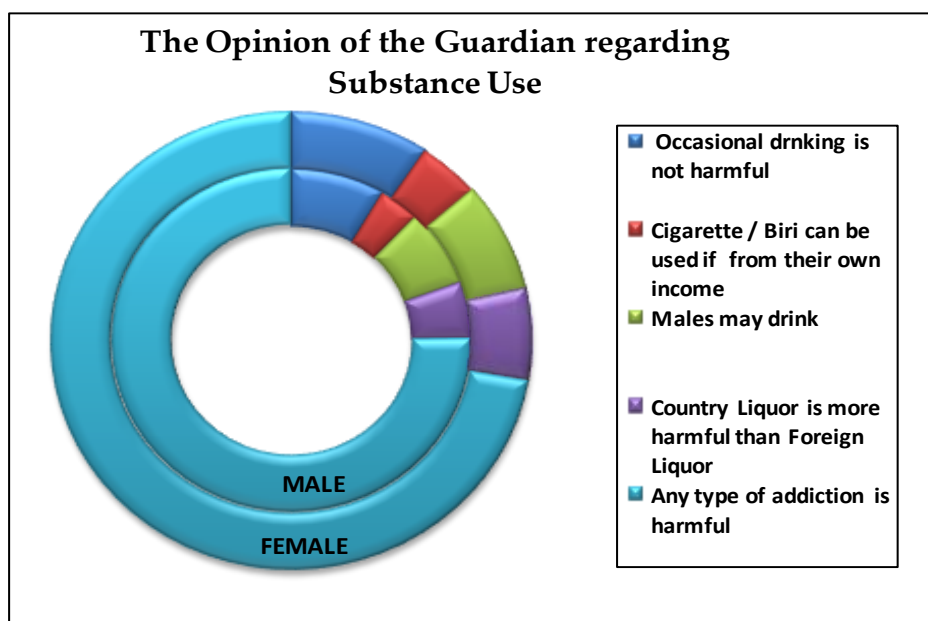
**Fig –5.b**

**Table- 6.a : The Opinion of the Guardian Regarding Substance Use**

Of the two genders, the female members displayed a greater tendency to accept some measure of substance use and there is a gender stereotype when they say they opine that male may drink. However, the majority of the guardians of both genders opined that any type of addiction was harmful. Interestingly, a greater percentage of male guardians were of this opinion as

Opinion of Guardians	Percentage of Guardians	
	Male	Female
Occasional drinking is not harmful	8.91	9.73
Cigarette / Biri can be used if from their own income	3.91	4.36
Males may drink	7.83	8.04
Country Liquor is more harmful than Foreign Liquor	5.53	6.61
Any type of addiction is harmful	79.35	74.75

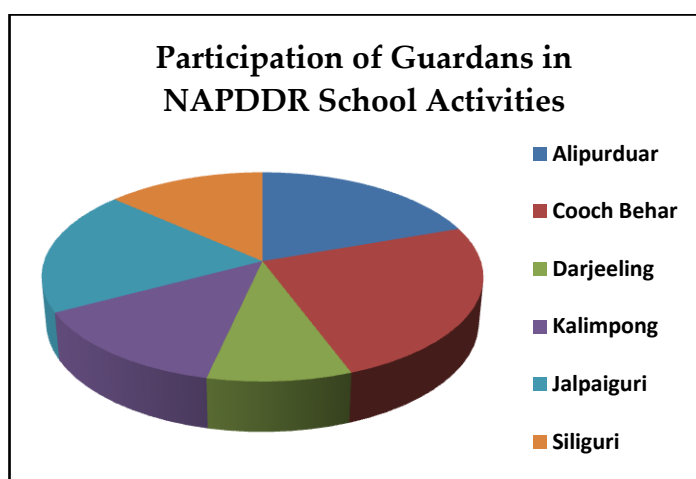
compared to female guardians. The Guardian activity may involve activities related with the stereotype and help to break the stereotype.



**Fig – 6.b**

**Table- 7.a : District-wise Participation of Guardian**

District	No. of Guardians Participated
Alipurduar	506
Cooch Behar	637
Darjeeling	237
Kalimpong	354
Jalpaiguri	499
Siliguri	346



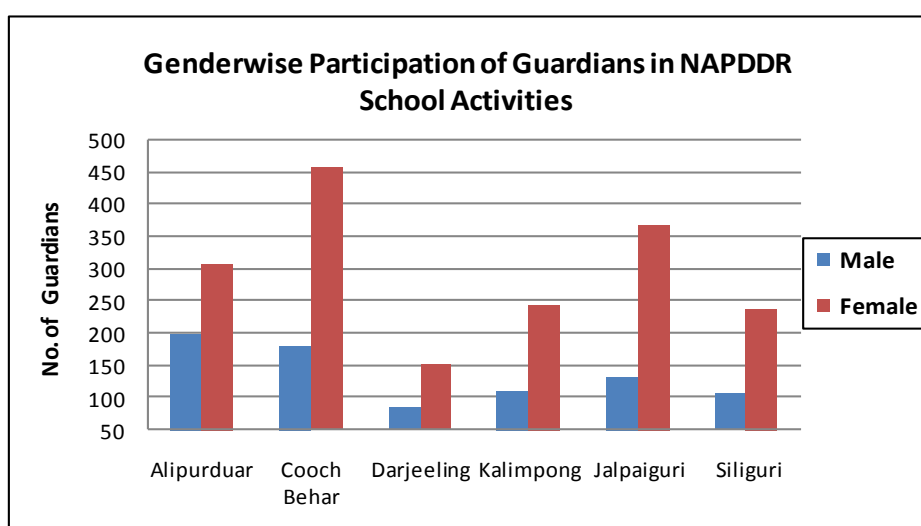
**Fig -7.b**

The majority of the guardians participated in Cooch Behar and extra care should have been taken by Darjeeling to mobilise and ensure participation of guardians.

**Table- 8.a : Participation of Guardians Gender-wise**

District	No. of Guardians Participated	
	Male	Female
Alipurduar	199	307
Cooch Behar	180	457
Darjeeling	85	152
Kalimpong	111	243
Jalpaiguri	131	368
Siliguri	107	239

In all the districts female guardians showed more concern to the children and their participation is highest among the genders.

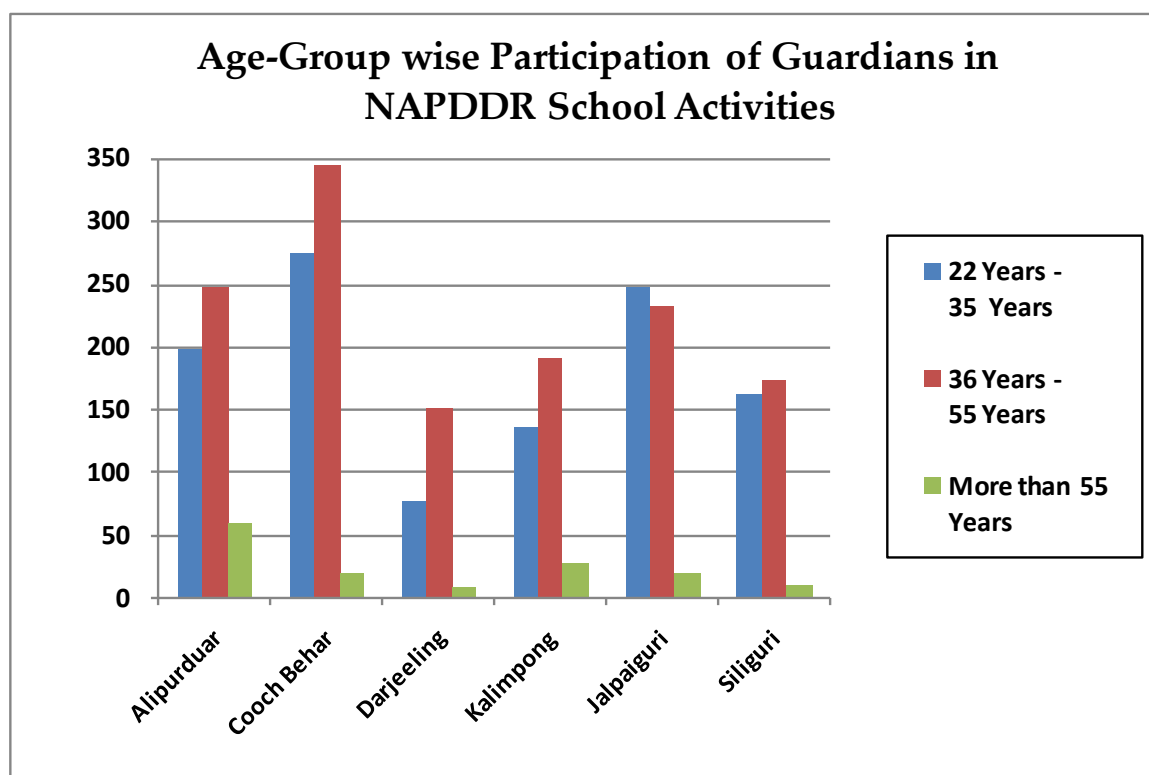


**Fig -8.b**

**Table- 9.a : Age-Group wise Participation of Guardian**

District	Age Groups of Guardians		
	22 Years - 35 Years	36 Years - 55 Years	More than 55 Years
Alipurduar	199	247	60
Cooch Behar	274	344	19
Darjeeling	77	151	9
Kalimpong	136	191	27
Jalpaiguri	248	232	19
Siliguri	162	174	10

The majority of the guardians who have participated are in the middle age category.

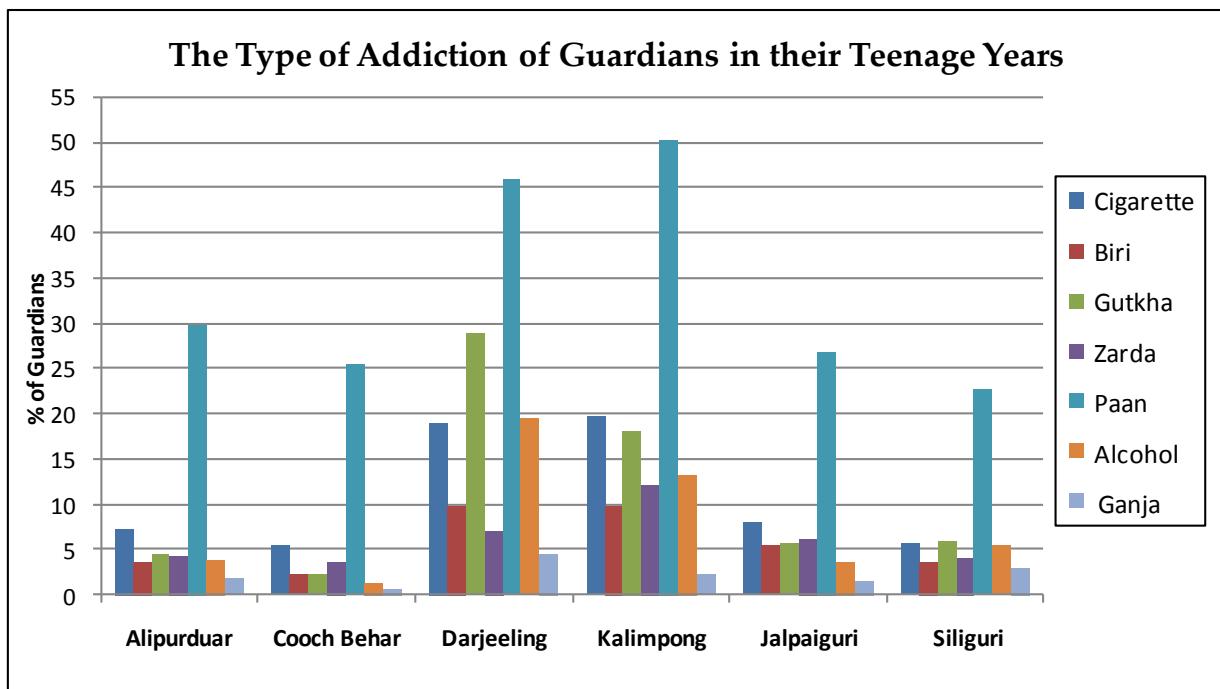


**Fig –9.b**

**Table- 10.a : The Type of Addiction of the Guardians in their Teenage Years**

District	Type of Addiction of the Guardians in Their Teenage Years (in Percentage)						
	Cigarette	Biri	Gutkha	Zarda	Paan	Alcohol	Ganja
Alipurduar	7.43	3.61	4.46	4.25	29.94	3.82	1.91
Cooch Behar	5.49	2.26	2.26	3.72	25.53	1.29	0.65
Darjeeling	19.01	9.92	28.93	7.02	45.87	19.42	4.55
Kalimpong	19.83	9.91	18.10	12.07	50.43	13.36	2.16
Jalpaiguri	8.04	5.58	5.80	6.25	26.79	3.57	1.56
Siliguri	5.71	3.60	6.01	4.20	22.82	5.41	3.00

The highest “Paan” (betel leaf) takers are from the hills of Kalimpong and Darjeeling from both the genders.

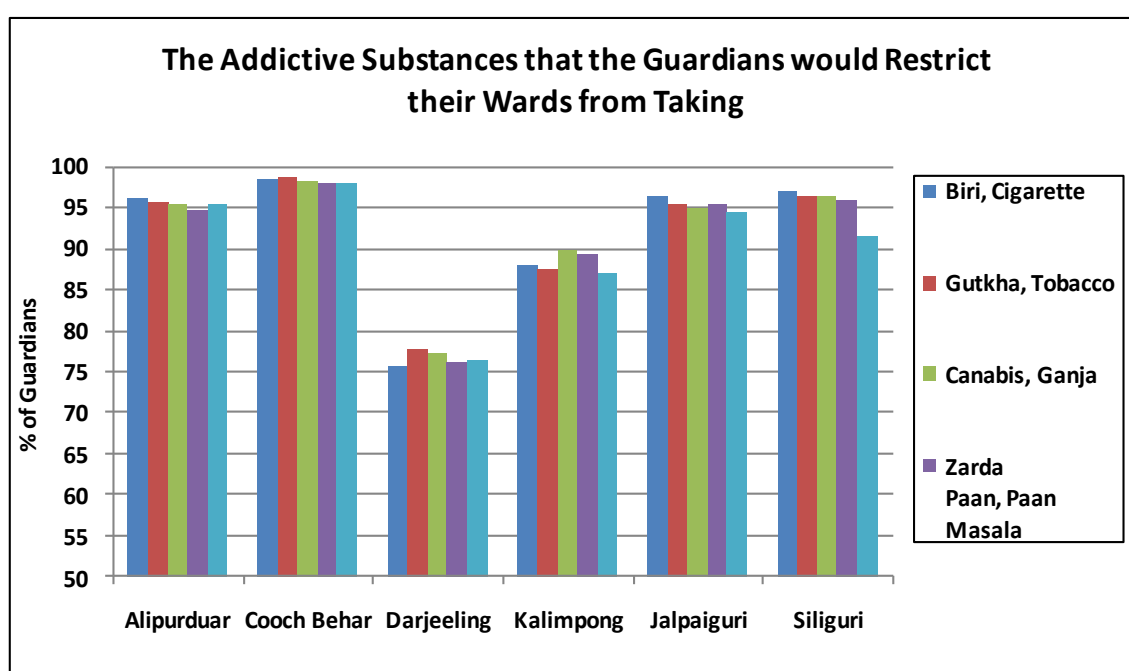


**Fig -10.b**

**Table- 11.a : The Addictive Substances that the Guardians would restrict their Wards from Taking**

District	Addictive Substances that the Guardian would restrict their Wards from Taking (Opinion of Guardians in Percentage)				
	Biri, Cigarette	Gutkha, Tobacco	Cannabis, Ganja	Zarda Paan, Paan Masala	Country Liquor, Foreign Liquor
Alipurduar	96.18	95.75	95.33	94.69	95.33
Cooch Behar	98.38	98.71	98.22	98.06	98.06
Darjeeling	75.62	77.69	77.27	76.03	76.54
Kalimpong	87.93	87.50	89.66	89.22	86.85
Jalpaiguri	96.43	95.31	94.87	95.31	94.42
Siliguri	97.00	96.40	96.40	95.80	91.59

All the guardians across all the districts have expressed their reservations against use of any type of substance by their own children albeit they themselves have tried it or not or might be using as of now.

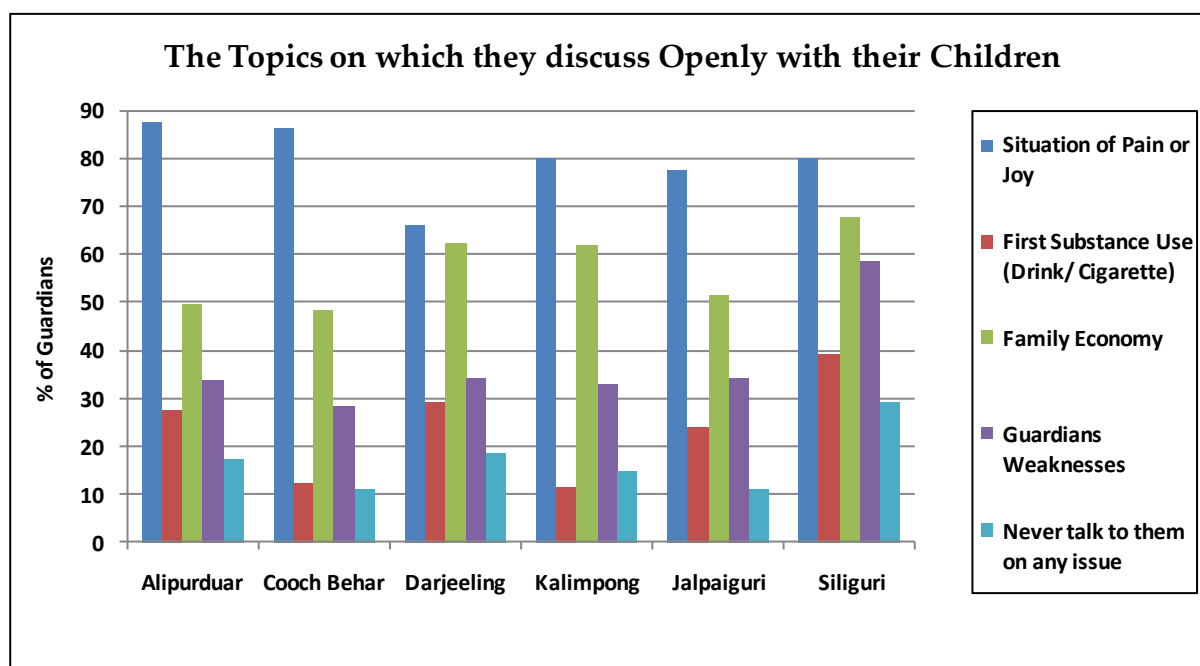


**Fig -11.b**

**Table- 12.a : The Topics on which Guardians Feel they can Discuss Openly with their Children**

District	Topics on which Guardians discuss freely with their children (Opinion of Guardians in Percentage)				
	Situation of Pain or Joy	First Substance Use (Drink/ Cigarette)	Family Economy	Guardians Weaknesses	Never talk to them on any issue
Alipurduar	87.69	27.81	49.47	33.76	17.41
Cooch Behar	86.59	12.12	48.47	28.59	11.15
Darjeeling	66.12	29.34	62.40	34.30	18.60
Kalimpong	80.17	11.64	62.07	33.19	14.66
Jalpaiguri	77.90	24.11	51.56	34.38	11.16
Siliguri	80.18	39.34	67.87	58.56	29.13

The parents of Alipurduar have shown more emotionally mature among the districts and they discuss about situations of pain and joy with their children.

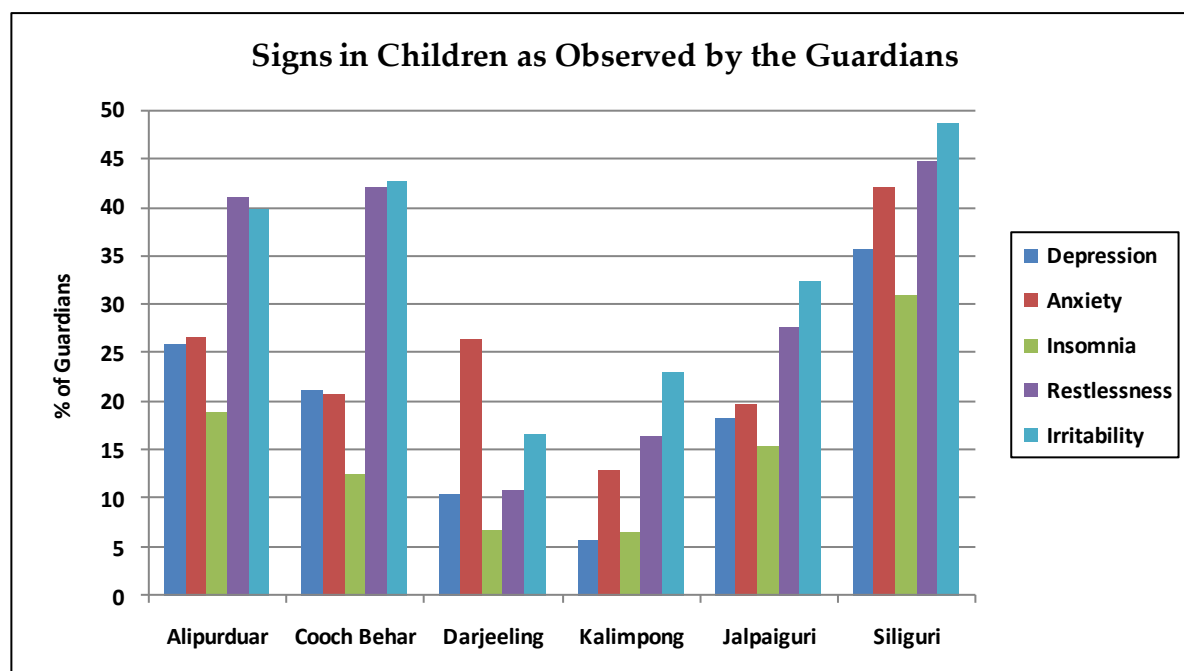


**Fig -12.b**

**Table- 13.a : The Signs in Children as Observed by the Guardians**

District	Signs in Children as observed by the Guardians (Opinion of Guardians in Percentage)				
	Depression	Anxiety	Insomnia	Restlessness	Irritability
<b>Alipurduar</b>	25.90	26.54	18.90	40.98	39.70
<b>Cooch Behar</b>	21.00	20.68	12.44	42.00	42.65
<b>Darjeeling</b>	10.33	26.45	6.61	10.74	16.53
<b>Kalimpong</b>	5.60	12.93	6.47	16.38	22.84
<b>Jalpaiguri</b>	18.30	19.64	15.40	27.68	32.37
<b>Siliguri</b>	35.74	42.04	30.93	44.74	48.65

It seems that the children of this age group have become restless and irritated across all these districts and these might become a major issue for the school authorities in days to come and needs deeper probing of the situation.



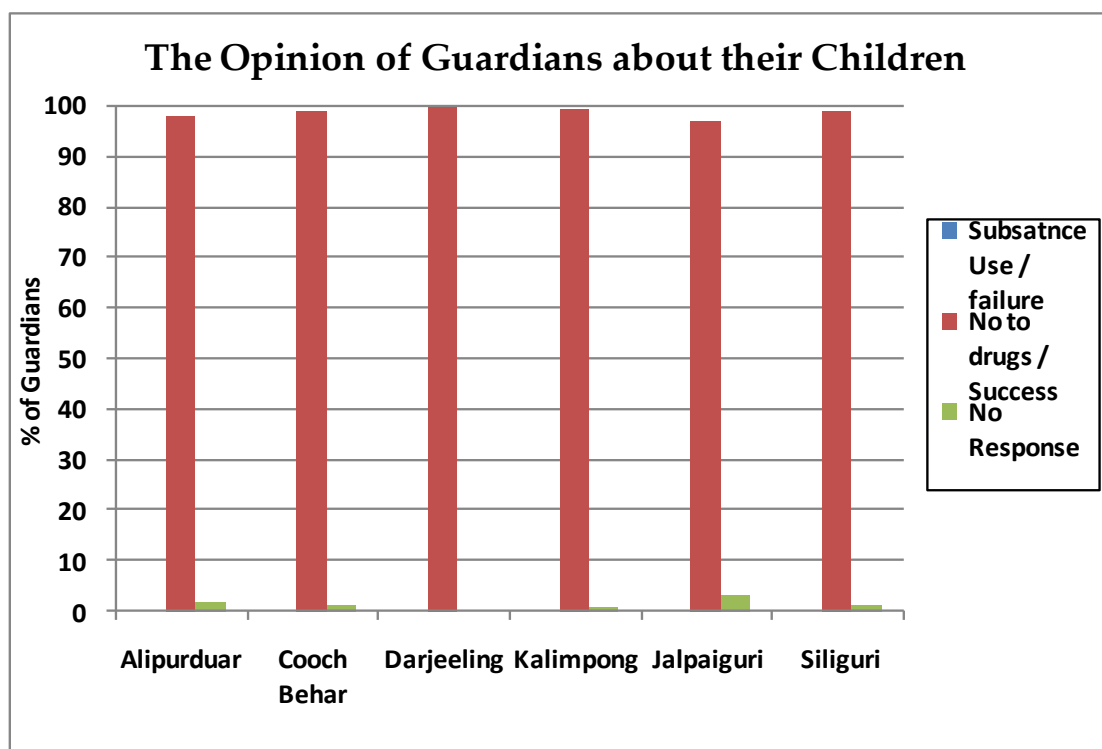
**Fig -13.b**



**Table- 14.a : The Aspiration of the Guardians Regarding their Children**

District	Opinion of Guardians		
	Substance Use / failure	No to drugs / Success	No Response
Alipurduar	0.00	98.09	1.91
Cooch Behar	0.00	98.71	1.29
Darjeeling	0.00	100.00	0.00
Kalimpong	0.00	99.14	0.86
Jalpaiguri	0.00	96.88	3.13
Siliguri	0.00	98.80	1.20

Across the district, the guardians are unanimous to declare their pledge to say “No to Drugs” and they foresee a successful future for their children.



**Fig –14.b**

Table- 15.a : The Opinion of the Guardians regarding substance use

District	Opinion of the Guardians (In Percentage)				
	Occasional drinking is not harmful	Cigarette / Biri can be used if from their own income	Males may drink	Country Liquor is more harmful than Foreign Liquor	Any type of addiction is harmful
Alipurduar	5.94	2.34	9.98	3.82	75.16
Cooch Behar	2.91	1.29	6.95	1.94	81.10
Darjeeling	31.40	11.57	8.26	10.33	61.16
Kalimpong	13.36	3.88	3.02	15.52	77.59
Jalpaiguri	8.48	2.46	7.14	3.57	75.00
Siliguri	9.31	9.61	11.41	12.01	80.18

All guardians of all districts have considered that any substance use is harmful by their children.

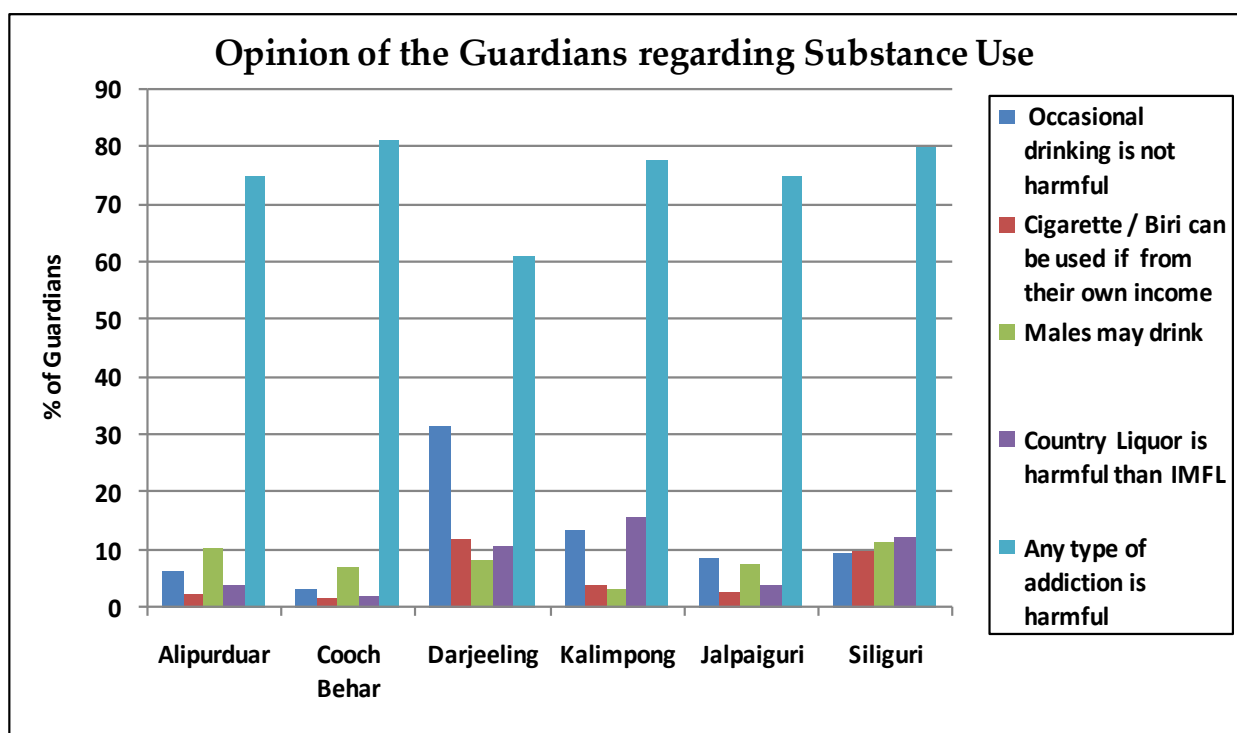


Fig –15.b

The school-based activities were monitored through a monitoring schedule which comprised of six parameters; and one open ended observation note.

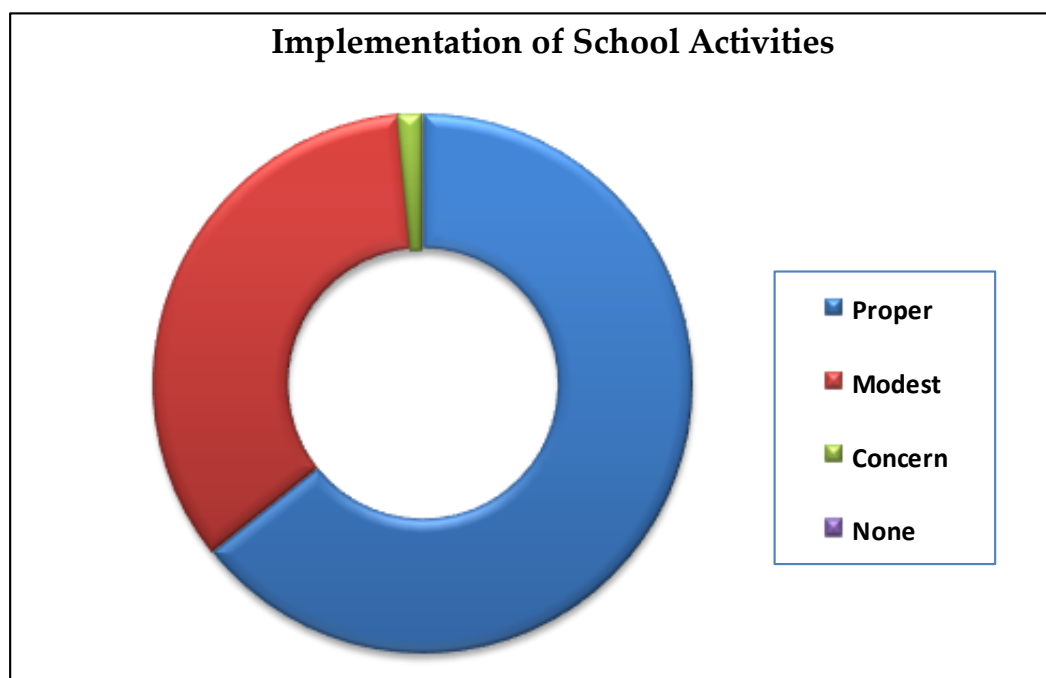
The project team learnt the following from the observations of the monitoring team :

**Table-16.a: Implementation of School Activities**

<b>Implementation</b>	<b>Opinion of Monitoring Team (in Percentage)</b>
<b>Proper</b>	64.29
<b>Modest</b>	34.29
<b>Concern</b>	1.43
<b>None</b>	0.00

Most schools were able to implement the activity schedule. However, the areas of concern indicated in the results may be revisited with extensive monitoring. To ensure uniformity and completeness of the assessment of the implementation process in

schools, it may be recommended that the process is monitored by one SRG per school for the entirety of the program.

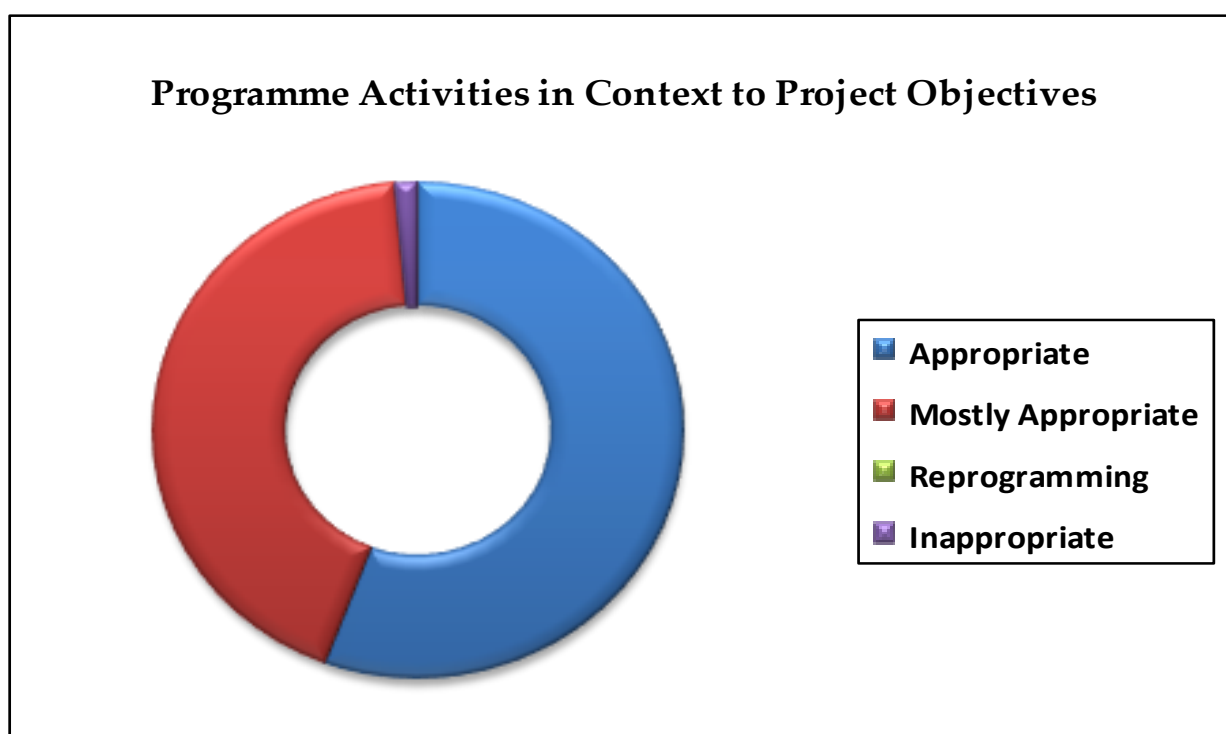


**Fig -16.b**

**Table-17.a: Programme Activities in Context to Project Objectives**

The activities implemented were generally in line with the project objectives. To ensure local relevance, it may be worth designing and implementing activities customised to address the pattern of substance use in the local area.

<b>Programme Activities</b>	<b>Opinion of Monitoring Team (in Percentage)</b>
<b>Appropriate</b>	55.71
<b>Mostly Appropriate</b>	42.86
<b>Reprogramming</b>	0.00
<b>Inappropriate</b>	1.43

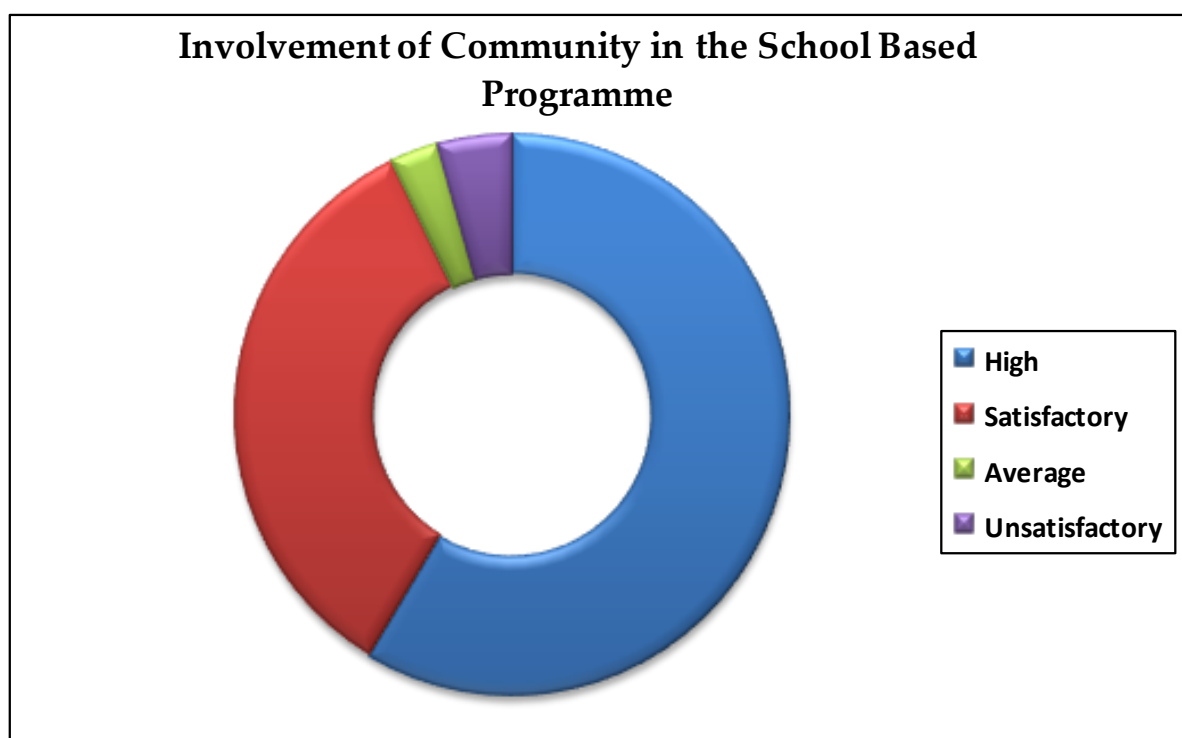


**Fig -17.b**

**Table-18.a: Involvement of Community in the School Based Programme**

<b>Community Involvement</b>	<b>Opinion of Monitoring Team (in Percentage)</b>
<b>High</b>	58.57
<b>Satisfactory</b>	34.29
<b>Average</b>	2.86
<b>Unsatisfactory</b>	4.29

This study involved guardians, local guardians and relatives of students. In such school based programs, involvement of the larger community is also crucial. To ensure greater impact of such programs in the future, all members of SMC, MDM workers, pool car drivers and other personnel attached to the school who have access to the students may be involved.

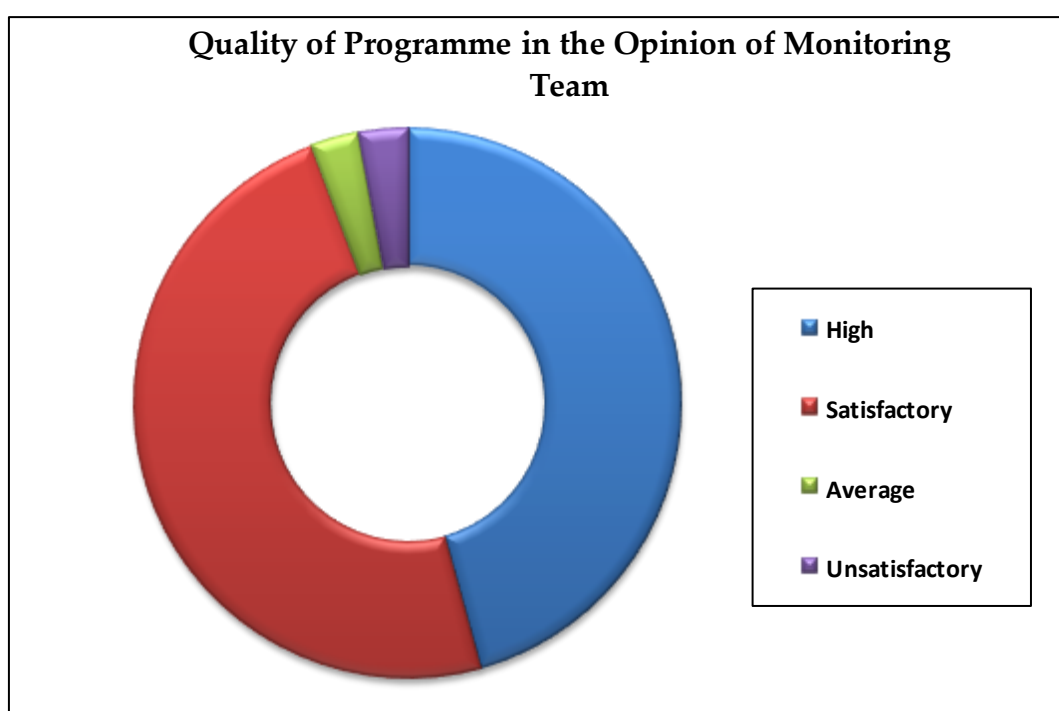


**Fig –18.b**

**Table-19.a: Quality of Programme**

<b>Quality of Programme</b>	<b>Opinion of Monitoring Team (in Percentage)</b>
<b>High</b>	45.71
<b>Satisfactory</b>	48.57
<b>Average</b>	2.86
<b>Unsatisfactory</b>	2.86

Although the quality of the program adhered to the standards communicated in the training, there is room for enhancement through incorporation of more hands-on/ interactive activities relevant to the local patterns (see Pt 2 above).

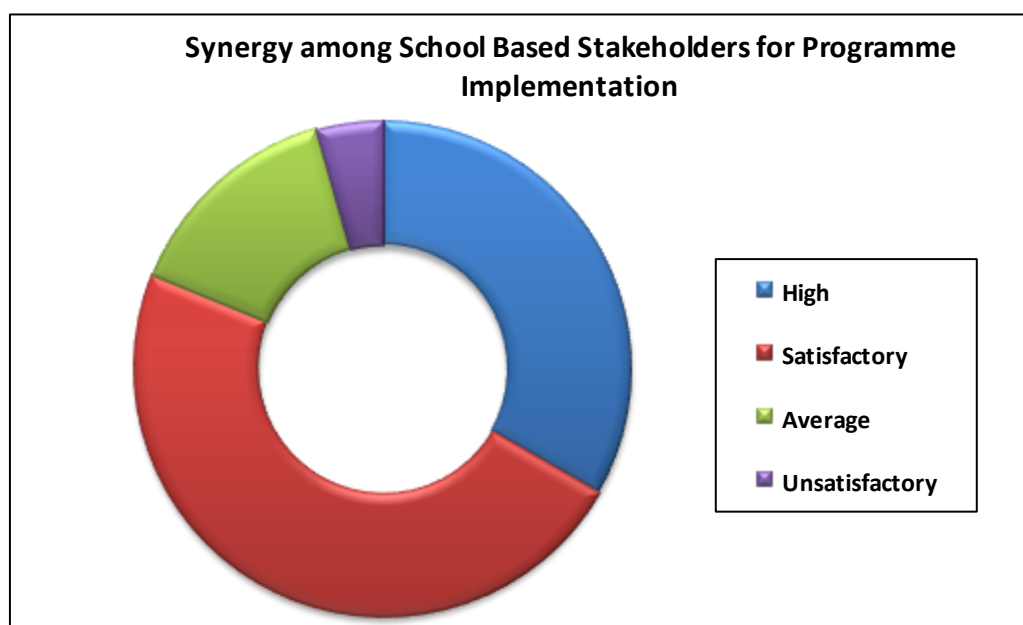


**Fig –19.b**

**Table-20.a: Synergy among School Based Stakeholders for Programme Implementation**

<b>Level of Co-ordination</b>	<b>Opinion of Monitoring Team (in Percentage)</b>
<b>High</b>	33.33
<b>Satisfactory</b>	47.83
<b>Average</b>	14.49
<b>Unsatisfactory</b>	4.35

The whole school team strongly collaborated and shared information for successful programme implementation but needs more supervision of the system level officials of the district.

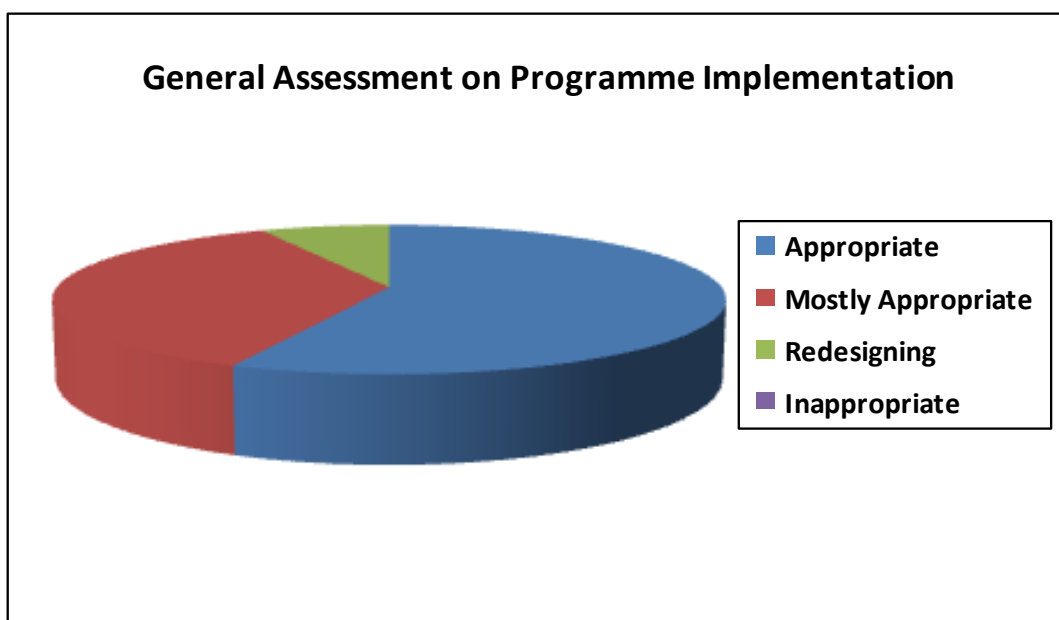


**Fig –20.b**

**Table-21.a: General Assessment on Programme Implementation**

<b>General Assessment on Implementation</b>	<b>Opinion of Monitoring Team (in Percentage)</b>
<b>Appropriate</b>	56.52
<b>Mostly Appropriate</b>	36.23
<b>Redesigning</b>	7.25
<b>Inappropriate</b>	0.00

The activities designed for the guardians were appropriate. The high engagement level of the guardians proves the effectiveness of the design of the program. However, in case of the low performers, it is necessary to revisit them to ascertain the root cause of their performance. If necessary, the activities may be strengthened by taking cognizance of the local factors (see Pts 2-4 above).



**Fig –21.b**



### **NOTICEABLE OBSERVATIONS OF THE PROGRAMME**

1. The activities were organized as per programmatic norms under the able leadership of the School Team.
2. In a novel way to effect a greater outreach, the School Team of Siliguri Hindi High School for Girls (H.S.) translated , prepared and distributed the activity sheets and flash cards in Hindi from English version of the material on their own
3. The School Managing Committee of schools supported the School Team in this endeavour for successful implementation of the programme at the school level. In Kavi Sukanta High School of Pradhannagar, Siliguri, Smt. Kakali Datta, the President of the SMC was at the school and appreciably coordinated all the activities throughout the day.
4. In spite of the demographical and economical nature of the locality, the students and guardians enthusiastically participated in the School Level programmes.
5. The guardians participated beyond the projected estimation by the school authorities and proactively took part in all the activities. In Siliguri Netaji High School, in municipal area of Siliguri, one concerned mother with a 3 month old baby actively took part in the programme from the morning till the end on 13.11.2019.
6. In some of the schools of Alipurduar, male guardians also took part in the programme till the closure at late afternoon and some of them opened up about their own habits and discussed its consequences with apprehensions.
7. The participation of the guardians was ensured by innovative ways like issuing pamphlets like what the HOI of Baraibari Naranath High School (H.S), Cooch Behar.
8. Concern crossed the barrier of language and it was expressed in Urdu and Nepali as in Darjeeling and Kalimpong.

9. The guardian activity sheet was designed with prevalence of pictorial inputs which ensured understanding of the participants.
10. In Tapshikhata High School of Alipurduar, the guardians informed and protested against existence of FL. Off Shop near the school which they expressed is detrimental to their and their wards life and wanted immediate closure.
11. There are many other local variants of substance use which varies from locality to locality, e.g., in these areas people take indigenously processed seeds from the fruit of tea plant and powder derived from burnt tail of common house gecko which is not in the mainstream knowledge. This indigenous substance use may be taken up as separate study which is beyond the ambit of this programme.
12. This programme recognized the guardians and their finer qualities beyond the statutory guidelines of involvement and the guardians were deeply motivated to participate in all school activities from hence which are common observation in all the six districts.

## PROJECT RISKS & NEXT STEPS

1. In 2018-19, this State proposed for piloting the project in 20 schools of Bankura and Purulia. This year the project is approved for 50 schools of North Bengal. Thus the project remains in the same pilot mode. Therefore the impact of the programme is restricted to a minimum part and the wider outreach is yet to be achieved.
2. In this background, the following have been deliberated –
  - The project should be again taken back to Bankura and Purulia.
  - All the schools of these two districts other than the 20 to be brought under the programme.
  - There may be a specific “**NAPDDR DAY**” at the districts and on that day all the schools of the district will organise the awareness programme to learn to say to “No to Drugs”.
  - After completion of these two, we will organise the programme in similar fashion in the North Bengal districts where this year we organised the programme.
  - The resource persons and teachers who were part of the programme in the last year will be used as Resource for the districts.

## **ACKNOWLEDGEMENT**

The project would like to extend its humble gratitude to the State Resource Group Members for their contribution and proactive support. The SRG members' are –

<b>Sl. No.</b>	<b>Name</b>	<b>Designation</b>
1	Dr. Chhanda Ray	Director, SCERT, WB & State Project Director, NAPDDR
2	Shri Nilanjan Bala	Research Fellow, SCERT & State Project Coordinator, NAPDDR
3	Sk. Anisujjaman	Finance Officer, SCERT
4	Shri Jogendra Nath Barma	Principal, DIET, Cooch Behar
5	Shri Manindra Ch. Bhujel	Principal, DIET, Kalimpong
6	Smt. Sandhya Gurung	Principal, DIET, Darjeeling
7	Smt. Sharmishtha Majumder	Sr. Lecturer-in-Charge, DIET, Jalpaiguri
8	Shri Ajit Saha	Officer-in-Charge, DIET, Alipurduar
9	Dr. K.A. Sadat	Principal, DIET, Uttar Dinajpur
10	Smt. Sharmishtha Bhattacharya	Retd. HOI
11	Shri Arup Sengupta	HOI, Garfa D.M.N High School
12	Samsul Alam	HM, Muraliganj High School (H.S.)
13	Shri Pradip Jha	AT, Mugabhog High School
14	Shri Kshounish Guha	HOI, Arabinda Madhyamik Vidyalaya
15	Altaf Hossain	HOI, Kheti High School
16	Shri Ranjan Roy	HOI, Shalkumarhat High School
17	Smt. Sudeshna Datta	AT, Sarada Vidyabhavan
18	Smt. Susmita Ghosh	AT, Beltala Girls' High School
19	Shri Sujit Halder	AT (Educational Technology), DIET, Murshidabad
20	Shri Subhadeep Maiti	AT (Statistics), DIET, North 24 Parganas

The project would like to thank the following DIETs for their constant monitoring and supervision – DIET, Alipurduar, DIET, Cooch Behar, DIET, Darjeeling, DIET, Jalpaiguri and DIET, Kalimpong

The project thanks the Schools, the School Managing Committee and their HOIs, their teachers for extension of the programme to micro level and making it a success.

We are thankful to the guardians who broke the myth that they do not come to school. They not only attended in the advocacy programme of NAPDDR but also drawn pictures, made slogans and penned poems and short stories. Last but not the least, we are thankful to our students and the programme has successfully kindled fire in their minds to say no to drugs.

## PROJECT ALBUM

### SRG Training at SCERT, WB



### MT Workshop at DIET, Alipurduar





## MT Workshop at DIET, Alipurduar



## MT Workshop at DIET, Alipurduar







AT Workshop at DIET, Alipurduar







## 2nd Day, MT Workshop



## Group Work at MT Workshop



## Presentation of Group Work





## Student Activities



দৈনন্দিন অ্যাজান	মুজ্যোয়	কুজ্যোয়
① ব্রাহ্ম করি । ② স্বেচ্ছাকৃত করি । ③ ব্রাহ্ম করি । ④ ব্রাহ্ম করি । ⑤ পড়তে বসি । ⑥ মনোযোগ দেওয়া । ⑦ পড়া করা । ⑧ মনোযোগ দেওয়া । ⑨ বিদ্যালয়ে পড়াশোনা করি । ⑩ উচিত দ্রুতি । ⑪ বাক্য বা বাক্য ⑫ বিবৃতি দ্বারা করি । ⑬ বাক্য ⑭ ব্রাহ্ম করি । ⑮ বাক্য ⑯ ব্রাহ্ম করি । ⑰ বাক্য ⑱ ব্রাহ্ম করি । ⑲ বাক্য ⑳ ব্রাহ্ম করি । ㉑ বাক্য	① স্বেচ্ছাকৃত করি । ② ব্রাহ্ম করি । ③ স্বেচ্ছাকৃত করি । ④ পড়তে বসি । ⑤ পড়া করা । ⑥ অকালে ঘুম থেকে ⑦ মান করা । ⑧ বিদ্যালয়ে পড়াশোনা ⑨ ব্রাহ্ম করি । ⑩ স্বেচ্ছাকৃত করি ।	১. ব্রাহ্ম করি । ২. স্বেচ্ছাকৃত করি । ৩. স্বেচ্ছাকৃত করি । ৪. স্বেচ্ছাকৃত করি । ৫. পড়তে বসি । ৬. পড়া করা । ৭. বাক্য ও বাক্য ৮. ব্রাহ্ম করি । ৯. স্বেচ্ছাকৃত করি । ১০. স্বেচ্ছাকৃত করি ।





## Guardian Activities







## APPENDICES

### **LIST OF STATE RESOURCE GROUP MEMBERS**

<b>Sl. No.</b>	<b>Name</b>	<b>Designation</b>
1	Dr. Chhanda Ray	Director, SCERT, WB & State Project Director, NAPDDR
2	Shri Nilanjan Bala	Research Fellow, SCERT & State Project Coordinator, NAPDDR
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## MINUTES OF THE MEETING

**Government of West Bengal**  
**DEPARTMENT OF SCHOOL EDUCATION**  
 STATE COUNCIL OF EDUCATIONAL RESEARCH & TRAINING, WEST BENGAL  
 25/3, Ballygunge Circular Road, Kolkata-700019  
 Ph. No. 033-2486-5114 (Director), 033-2486-4377 (Office), Tele-fax-033-2486-5114 & 4377  
[www.scertwb.org](http://www.scertwb.org) ## [director@scertwb.org](mailto:director@scertwb.org)

**PLANNING MEETING OF NATIONAL ACTION PLAN ON DRUG DEMAND REDUCTION,  
NISD, MSJ&E, GOI**

**VENUE :- CONFERENCE HALL, DIET, ALIPURDUAR**  
**DATE :- 19.09.2019**  
**TIME :- 1130 – 1730 hrs**

**RESOLUTION OF THE MEETING**

- The six districts (6) of North Bengal, namely, Darjeeling, Kalimpong, Siliguri, Jalpaiguri, Alipurduar & Coochbehar are selected for organizing the NAPDDR activities for 2019-20.
- The following is the targeted stakeholder for this year's programme-

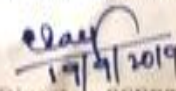
SL. NO.	DISTRICT	NO. SCHOOL	NO. OF STUDENTS	NO. PARENTS	NO. OF TEACHERS	NO. OF MTs (HIM)
1	DARJEELING	10	1000	1000	50	10
2	KALIMPONG	10	1000	1000	50	10
3	SILIGURI	10	1000	1000	50	10
4	JALPAIGURI	15	1500	1500	75	15
5	ALIPURDUAR	15	1500	1500	75	15
6	COOCHBEHAR	15	1500	1500	75	15
<b>TOTAL</b>		<b>75</b>	<b>7500</b>	<b>7500</b>	<b>375</b>	<b>75</b>

- The Planning meeting was held with the District Officials at the DIET, Alipurduar on 19.09.19 with 25 personnel from various Institutions of the Districts and State.
- The SRCs will meet on 24-25.09.2019 to deliberate on the adaption of the materials and on the mechanisms at SCERT from 11.30 a.m.
- The district level training programme for the MTs and the Teachers both will be held at DIET, Alipurduar in the following schedule-

SL. NO.	DISTRICT	
<b>FIRST BATCH</b>		
1	DARJEELING	05/11/2019-06/11/2019
2	KALIMPONG	
3	SILIGURI	
<b>SECOND BATCH</b>		
4	JALPAIGURI	08/11/2019- 09/11/2019
5	ALIPURDUAR	
6	COOCHBEHAR	

- The schools will be provided with materials required for the one day awareness programme at the school level. There will be 75 sets of materials to be taken back by the schools and one demo set will be kept at the training hall for display.
- The dates for School level activities will be discussed and finalised in the workshop which is tentatively scheduled in the Second week of November, 2019.
- The meeting resolved a tentative school list of each 6 district and the DI/S(SE) is requested to intimate and inform the schools.
- The HOI of the schools are directed to fill in the attached format "Annexure-A" and mail it to [principal.alipurduar@scertwb.org](mailto:principal.alipurduar@scertwb.org) within **30.09.2019**.

**The attendance sheet of the planning meeting is enclosed herewith.**  
**Dated :- 19.09.2019**

  
 (Director, SCERT)



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Tele -fax -033-2486- 5114 & 4377

**www.scertwb.org ## director@scertwb.org**

**Memo No. 558/ F.No. 686/ SCERT**

**Date 24.09.2019**

**MEMORANDUM**

In continuation of the resolution of the meeting held at DIET, Alipurduar on 19.09.2019 in regard to *Awareness Generation and Capacity Building Programme On Drug Abuse Prevention under National Action Plan on Drug Demand Reduction (NAPDDR) in the* districts of Darjeeling, Kalimpong, Siliguri, Jalpaiguri, Alipurduar & Coochbehar in the **STATE OF WEST BENGAL**, the following are being ordered

1. The Heads of DIETs of 6 districts will act as Nodal Officer,
2. The following HOIs will act as SPOC (Single Point of Contact) and will liaison with the schools of the respective districts and DI/S and DEO Offices and coordinate with the DIETs. They are –
  - A. Shri Altaf Hossain – Coochbehar,
  - B. Shri Sumsul Alam - Siliguri
  - C. Shri Ranjan Roy – Alipurduar
  - D. Shri Kshounish Guha – Jalpaiguri

The SCERT will create a whatsapp group for smooth communication of the programme and and HOIs of the 75 schools of 6 districts will be added to that group and further communication will be updated in that platform accordingly.

**Sd/- C.Ray**  
(The Director, SCERT)

**Memo No.558/1(7) / F.No. 686/ SCERT**

**Date 24.09.2019**

Copy to :-

1. The DEO, SSM, Darjeeling, Kalimpong, Siliguri, Jalpaiguri, Alipurduar & Coochbehar are requested to extend necessary support to the team.
  2. The DI/S(SE), Darjeeling, Kalimpong, Siliguri, Jalpaiguri, Alipurduar & Coochbehar are requested to extend necessary support to the team.
  3. The Heads of DIETs & Nodal Officers, Darjeeling, Kalimpong, Siliguri, Jalpaiguri, Alipurduar & Coochbehar are requested to coordinate.
  4. Shri Altaf Hossain, HOI – SPOC, Coochbehar,
  5. Shri Sumsul Alam, HOI – SPOC, Siliguri
  6. Shri Ranjan Roy , HOI – SPOC, Alipurduar
  7. Shri Kshounish Guha, HOI – SPOC, Jalpaiguri
- for necessary information and action.

*Ray*  
*25/9/2019*  
(The Director, SCERT)

*F/c*

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**Government of West Bengal**  
**DEPARTMENT OF SCHOOL EDUCATION**  
**STATE COUNCIL OF EDUCATIONAL RESEARCH & TRAINING**  
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Tele -fax -033-2486- 5114 & 4377

**www.scertwb.org ## director@scertwb.org**

Memo No. 634 / F.No. 686/ SCERT

Date 21.10.2019

**MEMORANDUM**

In continuation of the resolution of the meeting held at DIET, Alipurduar on 19.09.2019 and OM no. 558/ F.No. 686/ SCERT Date 21.10.2019 in regard to *Awareness Generation and Capacity Building Programme On Drug Abuse Prevention under National Action Plan on Drug Demand Reduction (NAPDDR) in the districts of Darjeeling, Kalimpong, Siliguri, Jalpaiguri, Alipurduar & Coochbehar in the STATE OF WEST BENGAL*, the OC, DIET, Alipurduar is instructed to take up the following-

1. The DIET, Alipurduar is directed to arrange the programme.
2. The DIET, Alipurduar is directed to procure the materials for the schools,
3. The DIET, Alipurduar is directed to prepare the banners and certificates,
4. The DIET, Alipurduar is directed to make appropriate arrangement for the residential workshops,
5. The Officials, SRGs and all the participants will stay the Campus for the related days.

*Uay*  
22/10/19  
(The Director, SCERT)

Memo No.634/1(6) / F.No. 686/ SCERT

Date 21.10.2019

Copy to :-

1. The OC, DIET, Alipurduar for necessary action and keep close contact with District Officials.
  2. The Heads of DIETs & Nodal Officers, Darjeeling, Kalimpong, Siliguri, Jalpaiguri, & Coochbehar are directed to coordinate with OC, APD.
  3. Shri Altaf Hossain, HOI – SPOC, Coochbehar,
  4. Shri Sumsul Alam, HOI – SPOC, Siliguri
  5. Shri Ranjan Roy , HOI – SPOC, Alipurduar
  6. Shri Kshounish Guha, HOI – SPOC, Jalpaiguri
- for necessary information and action.

*Uay*  
22/10/19  
(The Director, SCERT)



**Government of West Bengal**  
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Memo No. 670/ F.No. 686/ SCERT

Date 25.10.2019

**ORDER**

In continuation of the resolution of the meeting held at DIET, Alipurduar on 19.09.2019, OM no.558/F.No.686/SCERT date 24.09.2019 and OM No. 634/ F. No. 686/SCERT date 21.10.2019 in regard to *Awareness Generation and Capacity Building Programme On Drug Abuse Prevention under National Action Plan on Drug Demand Reduction (NAPDDR) in the districts of Darjeeling, Kalimpong, Siliguri, Jalpaiguri, Alipurduar & Coochbehar in the STATE OF WEST BENGAL*, the training dates of Siliguri & Coochbehar are interchanged in view of administrative reasons and following revised dates are being communicated to all the authorities concerned for perusal –

SL. NO.	NAME OF DISTRICT	REVISED TRAINING DATE
1	SILIGURI	08.11.2019-09.11.2019
2	COOCHBEHAR	05.11.2019-06.11.2019

The DIET, Alipurduar and respective SPOCs are directed to inform the HOIs of the respective districts accordingly.

Sd/- C.Ray  
(The Director, SCERT)  
Date 25.10.2019

Memo No. 670/1(5)/ F.No. 686/ SCERT

Copy to :-

1. The DEO, SSM, Siliguri, & Coochbehar.
2. The DI/S(SE), Siliguri, & Coochbehar.
3. The Heads of DIETs & Nodal Officers, Alipurduar & Coochbehar.
4. Shri Altaf Hossain, HOI – SPOC, Coochbehar,
5. Shri Sumsul Alam, HOI – SPOC, Siliguri

- for necessary information and action.

Ray  
26/10/19  
(The Director, SCERT)



## FORMAT TO BE FILLED UP BY EACH SELECTED SCHOOL

ANNEXURE-A | 2019

### Instruction:-

1. The HOI should fill the details carefully.
2. The HOI is also to nominate 5 among Assistant Teachers who are young, energetic and dynamic.
3. Then mail to [principal.alipurduar@scertwb.org](mailto:principal.alipurduar@scertwb.org) within 30.09.2019.

### FORMAT

A. NAME OF THE SCHOOL :-

B. ADDRESS WITH DISE CODE :-

C. NAME OF THE HOI:-

D. EMAIL ID OF THE SCHOOL :-

E. WHATS APP NO. :-

F. ALTERNATIVE MOBILE NO. :-

G. BANK DETAILS OF THE SCHOOL:-

Bank Name	
Branch Name	
IFSC	
Account Number	
Type of Account	
Account Holder's Name (In Block Letters)	
Contact No. of Account Holder	

## H. DETAILS OF 5 NOMINATED ASSISTANT TEACHERS :-

SL. NO.	NAME OF AT	SUBJECT	MOBILE NO.	WHATS APP NO.
1				
2				
3				
4				
5				

Dated :-

Office SealSignature with Stamp

NAPDDR, MSJ&amp;E, GOI

SCERT, SED, GOWB

**PROGRAMME SCHEDULE FOR MASTER TRAINERS' TRAINING**  
**(05/11/2019 – 06/11/2019)**

**CAPACITY BUILDING PROGRAMME FOR MASTER TRAINERS**  
**ON**  
**DRUG ABUSE PREVENTION AT THE SCHOOL LEVEL**  
**SCERT, SED, Govt. of WB**

Venue: DIET ALIPURDUAR

Date: 05.11.2019-06.11.2019

**DAY- 1**

- |   |                      |
|---|----------------------|
| <b>1. REGISTRATION</b>  | <b>09:30 – 10:00</b> |
| <b>2. TEA &amp; TIFFIN</b>  | <b>10:00 – 10:45</b> |
| <b>3. PRE – LUNCH SESSION</b>   | <b>10:45 – 13:30</b> |
| <ul style="list-style-type: none"><li>• Why drug abuse is a problem</li><li>• What is drug</li><li>• Stages of use</li><li>• Causes of drug abuse</li><li>• Risk and protective factors</li><li>• Factors leading to drug addiction</li><li>• Group activity (Routes of administration)</li></ul> |                      |
| <b>4. LUNCH BREAK</b>   | <b>13:30 – 14:30</b> |
| <b>5. POST – LUNCH SESSION</b>  | <b>14:30 – 17:30</b> |
| <ul style="list-style-type: none"><li>• Myths/Misconceptions and facts about drug use/abuse</li><li>• Harms/ill effects of drug use</li><li>• Signs and symptoms of drug use</li><li>• Group activity (consequences of drug abuse)</li><li>• What can we do</li></ul>                             |                      |

**Day – 2**

- |   |                          |
|---|--------------------------|
| <b>1. ATTENDANCE</b>  | <b>10:00 – 10:30</b>     |
| <br><b>2. TEA</b>   | <br><b>10:30 – 10:45</b> |
| <br><b>3. PRE – LUNCH SESSION</b>   | <br><b>10:45 – 13:30</b> |
| <ul style="list-style-type: none"><li>• Facilitation of MTs to work as Resource Person</li><li>• Planning for District Level Programme</li><li>• Selection of Venues for Student Awareness Programme</li><li>• Tagging of MTs with the Venues</li></ul> |                          |
| <br><b>4. LUNCH BREAK</b>   | <br><b>13:30 – 14:30</b> |
| <br><b>5. POST – LUNCH SESSION</b>  | <br><b>14:30 – 17:30</b> |
| <ul style="list-style-type: none"><li>• Discussion and sharing of PoA of the Student Awareness Programme</li><li>• Identification of bottlenecks</li><li>• Group discussion for solution</li><li>• Finalization of implementation plan</li></ul>        |                          |

**PROGRAMME SCHEDULE FOR MASTER TRAINERS' TRAINING**  
**(08/11/2019 – 09/11/2019)**

**CAPACITY BUILDING PROGRAMME FOR MASTER TRAINERS**

**ON**

**DRUG ABUSE PREVENTION AT THE SCHOOL LEVEL**

**SCERT, SED, Govt. of WB**

**Venue: DIET ALIPURDUAR**

**Date: 08.11.2019-09.11.2019**

**DAY - 1**

- |   |                      |
|---|----------------------|
| <b>1. REGISTRATION</b>  | <b>09:30 – 10:00</b> |
| <b>2. TEA &amp; TIFFIN</b>  | <b>10:00 – 10:45</b> |
| <b>3. PRE – LUNCH SESSION</b>   | <b>10:45 – 13:30</b> |
| <ul style="list-style-type: none"><li>• Why drug abuse is a problem</li><li>• What is drug</li><li>• Stages of use</li><li>• Causes of drug abuse</li><li>• Risk and protective factors</li><li>• Factors leading to drug addiction</li><li>• Group activity (Routes of administration)</li></ul> |                      |
| <b>4. LUNCH BREAK</b>   | <b>13:30 – 14:30</b> |
| <b>5. POST – LUNCH SESSION</b>  | <b>14:30 – 17:30</b> |
| <ul style="list-style-type: none"><li>• Myths/Misconceptions and facts about drug use/abuse</li><li>• Harms/ill effects of drug use</li><li>• Signs and symptoms of drug use</li><li>• Group activity (consequences of drug abuse)</li><li>• What can we do</li></ul>                             |                      |

**Day – 2**

- |   |                      |
|---|----------------------|
| <b>1. ATTENDANCE</b>  | <b>10:00 – 10:30</b> |
| <b>2. TEA</b>   | <b>10:30 – 10:45</b> |
| <b>3. PRE – LUNCH SESSION</b>   | <b>10:45 – 13:30</b> |
| <ul style="list-style-type: none"><li>• Facilitation of MTs to work as Resource Person</li><li>• Planning for District Level Programme</li><li>• Selection of Venues for Student Awareness Programme</li><li>• Tagging of MTs with the Venues</li></ul> |                      |
| <b>4. LUNCH BREAK</b>   | <b>13:30 – 14:30</b> |
| <b>5. POST – LUNCH SESSION</b>  | <b>14:30 – 17:30</b> |
| <ul style="list-style-type: none"><li>• Discussion and sharing of PoA of the Student Awareness Programme</li><li>• Identification of bottlenecks</li><li>• Group discussion for solution</li><li>• Finalization of implementation plan</li></ul>        |                      |

**PROGRAMME SCHEDULE FOR TEACHERS' TRAINING**  
**(06/11/2019)**

**SENSITIZATION PROGRAMME FOR TEACHERS**  
**ON**  
**DRUG ABUSE PREVENTION AT THE SCHOOL LEVEL**  
**SCERT, SED, Govt. of WB**

**Venue: DIET ALIPURDUAR**

**Date: 06.11.2019**

- |   |                      |
|---|----------------------|
| <b>1. REGISTRATION</b>  | <b>10:00 – 10:30</b> |
| <b>2. TEA</b>   | <b>10:30 – 10:45</b> |
| <b>3. PRE – LUNCH SESSION</b>   | <b>10:45 – 13:30</b> |
| <ul style="list-style-type: none"><li>• What is drug</li><li>• Stages of use</li><li>• Causes of drug abuse</li><li>• Risk and protective factors</li><li>• Factors leading to drug addiction</li><li>• Group activity (Routes of administration)</li></ul>           |                      |
| <b>4. LUNCH BREAK</b>   | <b>13:30 – 14:30</b> |
| <b>5. POST – LUNCH SESSION</b>  | <b>14:30 – 17:30</b> |
| <ul style="list-style-type: none"><li>• Myths/Misconceptions and facts about drug use/abuse</li><li>• Harms/ill effects of drug use</li><li>• Signs and symptoms of drug use</li><li>• Group activity (consequences of drug abuse)</li><li>• What can we do</li></ul> |                      |

**PROGRAMME SCHEDULE FOR TEACHERS' TRAINING**  
**(09/11/2019)**

**SENSITIZATION PROGRAMME FOR TEACHERS**  
**ON**  
**DRUG ABUSE PREVENTION AT THE SCHOOL LEVEL**  
**SCERT, SED, Govt. of WB**

**Venue: DIET ALIPURDUAR**

**Date: 09.11.2019**

- |   |                      |
|---|----------------------|
| <b>1. REGISTRATION</b>  | <b>10:00 – 10:30</b> |
| <b>2. TEA</b>   | <b>10:30 – 10:45</b> |
| <b>3. PRE – LUNCH SESSION</b>   | <b>10:45 – 13:30</b> |
| <ul style="list-style-type: none"><li>• What is drug</li><li>• Stages of use</li><li>• Causes of drug abuse</li><li>• Risk and protective factors</li><li>• Factors leading to drug addiction</li><li>• Group activity (Routes of administration)</li></ul>           |                      |
| <b>4. LUNCH BREAK</b>   | <b>13:30 – 14:30</b> |
| <b>5. POST – LUNCH SESSION</b>  | <b>14:30 – 17:30</b> |
| <ul style="list-style-type: none"><li>• Myths/Misconceptions and facts about drug use/abuse</li><li>• Harms/ill effects of drug use</li><li>• Signs and symptoms of drug use</li><li>• Group activity (consequences of drug abuse)</li><li>• What can we do</li></ul> |                      |



# SCHOOL PROGRAMME SCHEDULE

## SENSITIZATION PROGRAMME FOR STUDENTS & GUARDIANS

ON

### DRUG ABUSE PREVENTION AT THE SCHOOL LEVEL

SCERT, SED, Govt. of WB

Venue:

Date:

- |                 |               |
|-----------------|---------------|
| 1. REGISTRATION | 10:00 – 10:40 |
| A. STUDENTS     |               |
| B. GUARDIANS    |               |

- |  |               |
|--|---------------|
| 2. PRE – LUNCH SESSION                     | 10:45 – 13:30 |
| • Effects Of Substance on Young People     |               |
| • Reasons for use and healthy alternatives |               |
| • My future                                |               |
| • Weighing gains Vs. risks                 |               |
| • Learning to say “NO” through Role Play   |               |

- |                |               |
|----------------|---------------|
| 3. LUNCH BREAK | 13:30 – 14:30 |
|----------------|---------------|

- |                         |               |
|-------------------------|---------------|
| 4. POST – LUNCH SESSION | 14:30 – 15:30 |
|-------------------------|---------------|

#### Students & Guardians Activity

- |  |               |
|--|---------------|
| • <u>Drawing Competition</u>                             |               |
| • <u>Poster Making</u>                                   |               |
| • <u>Creative Writing – Skit / Poems / Short Stories</u> |               |
| 5. Prize Distribution                                    | 15:30 – 16:00 |
| 6. Valedictory   | 16:00 – 16:30 |







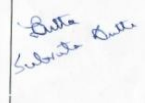



## ATTENDANCE

### Master Trainers:


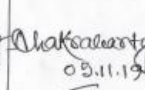
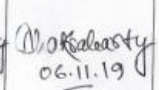
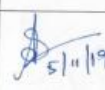

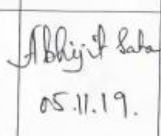
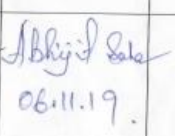
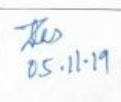
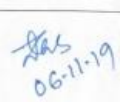

District : ALIPURDUAR								
Sl.No.	NAME OF THE SCHOOL	NAME OF THE HOI	MOBILE No.	Email Id.	ATTENDANCE			Remark if any
					07.11.19	08.11.19	09.11.19	
1.	DEODANGA HIGH SCHOOL	RUPAK SARKAR	943448597	deodangahighschool.jal@gmail.com		<i>[Signature]</i> 8/11/19	<i>[Signature]</i> 9/11/19	
2.	CHILAPATA FOREST HIGH SCHOOL	SUBIR BHOWMIK	9932663069	cfhs.jal@gmail.com		<i>[Signature]</i> 8/11/19	<i>[Signature]</i> 9/11/19	
3.	FALAKATA GIRLS HIGH SCHOOL	SHIPRA SAHA ROY DEB	9474513766	fghs.jal@gmail.com		<i>[Signature]</i> 8.11.19	<i>[Signature]</i> 9.11.19	
4.	JADABPALLI HIGH SCHOOL	SWAPAN KR. MANDAL	9733120927	jadabpallihs.jal@gmail.com		<i>[Signature]</i> 8.11.19	<i>[Signature]</i> 9.11.19	
5.	JOGENDRANGAR HIGH SCHOOL	AKHIL KR. PODDAR	9553997549	jnhhs.jal@gmail.com		<i>[Signature]</i> 8.11.19	<i>[Signature]</i> 9.11.19	

District : ALIPURDUAR								
Sl.No.	NAME OF THE SCHOOL	NAME OF THE HOI	MOBILE No.	Email Id.	ATTENDANCE			Remark if any
					07.11.19	08.11.19	09.11.19	
6.	LALTURAM HIGH SCHOOL	PRANTOSH PAUL	7797754867	lalturamhigh@gmail.com		<i>[Signature]</i> 08.11.19	<i>[Signature]</i> 09.11.19	
7.	PANCHKOLGURI PROMODINI HIGH SCHOOL HS	SUDARSHAN CHAKRABORTY	9641834585	pphighschoolapd.jal@gmail.com		<i>[Signature]</i> 08.11.19	<i>[Signature]</i> 09.11.19	
8.	RABIKANTA HIGH SCHOOL	SUKUMAR RAY	9474590520	rabikanta.jal@gmail.com		<i>[Signature]</i> 08.11.19	<i>[Signature]</i> 09.11.19	
9.	RAICHENGA VIDYA NIKETAN HIGH SCHOOL	BADHAN CH. JEE	9434491992	rvhs.jal@gmail.com		<i>[Signature]</i> 08/11/19	<i>[Signature]</i> 09/11/19	
10.	SALKUMAR HAT HIGH SCHOOL	RANJAN RAY	7602502022	salkuhs71@gmail.com		<i>[Signature]</i> 8.11.19	<i>[Signature]</i> 9.11.19	

**District : ALIPURDUAR**

Sl.No.	NAME OF THE SCHOOL	NAME OF THE HOI	MOBILE No.	Email Id.	ATTENDANCE			Remark if any
					07.11.19	08.11.19	09.11.19	
11.	SHILBARIHAT HIGH SCHOOL	PIUSH KR. ROY	9547930566	sibhs.ja@gmail.com				
12.	SONAPUR BK GIRLS HIGH SCHOOL	JAYA SARKAR	9509255252	girlshsonapur@gmail.com				
13.	SONAPUR BK HS. SCHOOL	RANJIT THAKUR	9735374789	sonapurbkhsch001ja@gmail.com				
14.	TAPSIKHATA HIGH SCHOOL	SUBRATA DUTTA	9775484161	tapsikhatahighschoolja@gmail.com				9735034481 Sujit Roy to be added NAPDDR GP
15.	THAKUR PANCHANAN BIDYAPITH	RATIB DAS	9932214622	tpvhsja@gmail.com				

**District : COOCHBEHAR**

Sl.No.	NAME OF THE SCHOOL	NAME OF THE HOI	MOBILE No.	Email Id.	ATTENDANCE			Remark if any
					04.11.19	05.11.19	06.11.19	
1.	BANESWAR GIRLS HIGH SCHOOL	ANJANA CHAKRABARTY	9474511938	baneswargirls2015@gmail.com				
2.	BANESWAR KHABSA HIGH SCHOOL	ANIMESH BARMAN	9800788333	bkhs.cob@gmail.com				
3.	BARAIBARI NARANATH HIGH SCHOOL	ABHIJIT SAHA	9434083942	bnhs.cob@gmail.com				
4.	GOPALPUR HIGH SCHOOL	TAPAN DAS	8944996755	gopalpurhighschool409@gmail.com				
5.	MANINDRA NATH HIGH SCHOOL	PRAFULLA MAJUMDER	9933861734	alitserkarmnhs@gmail.com				

**District : COOCHBEHAR**

Sl.No.	NAME OF THE SCHOOL	NAME OF THE HOI	MOBILE No.	Email Id.	ATTENDANCE			Remark if any
					04.11.19	05.11.19	06.11.19	
6.	RAJARHAT VIDYABHABAN HIGH SCHOOL	SAAL KUMAR DEY	9434174312	vidyabhavan.vbhs@gmail.com		<i>[Signature]</i> 5.11.19	<i>[Signature]</i> 6.11.19	
7.	PUNDIBARI GDL BALIKA VIDYALAYA	RITA BHATTACHARYA	9434413122	pgdlbv@gmail.com		<i>[Signature]</i> 5.11.19	<i>[Signature]</i> 6.11.19	
8.	BARARANGRASH DINESWARI HIGH SCHOOL	CHINMAY TALUKDAR	9434812950	baradhs1965@yahoo.com		<i>[Signature]</i> 5/11/19	<i>[Signature]</i> 6/11/19	
9.	PATLAHAWA HIGH SCHOOL	PRABIR MITRA	9474174708	patlahawahighschool@gmail.com		<i>[Signature]</i> 5.11.19	<i>[Signature]</i> 6.11.19	
10.	KALABAGAN HIGH SCHOOL	ARUP SOM	9434484024	arup.som75@gmail.com/ kalabagan.hs.co b@gmail.com		<i>[Signature]</i> 05/11/19	<i>[Signature]</i> 06/11/19	

**District : COOCHBEHAR**

Sl.No.	NAME OF THE SCHOOL	NAME OF THE HOI	MOBILE No.	Email Id.	ATTENDANCE			Remark if any
					04.11.19	05.11.19	06.11.19	
11.	COOCH BEHAR SREE HINDI VIDYALAYA	SURAJ BALI PANDEY	9434178902	cobshreehindividyalaya@gmail.com		<i>[Signature]</i> 05/11/2019	<i>[Signature]</i> 06/11/2019	
12.	COOCH BEHAR UCHCHA BALIKA VIDYALAYA	<del>NABANITA SIKDER</del> Suchismita Chakraborty	9832317251- 9434484295	cob.ubv@gmail.com		<i>[Signature]</i> 5.11.19	<i>[Signature]</i> 6.11.19	
13.	NEWTOWN GIRLS HIGH SCHOOL	ANNAMAYEE ADHIKARY	9474333084	newtowngirlshighschool@gmail.com		<i>[Signature]</i> 05/11/19	<i>[Signature]</i> 06/11/2019	
14.	JENKINS SCHOOL	SANJAY DHAR -REYAZ AHMED ASST. MASTER (ON BEHALF OF HOI)	7278012720 7384604040	jenkins1861@gmail.com		<i>[Signature]</i> 5.11.19	<i>[Signature]</i> 6.11.2019	
15.	KHAGRABARI HARENDRA CHANDRA VIDYAMANDIR	AJIT KR. ROY	9800762555	khagrabari13hcv@gmail.com		<i>[Signature]</i> 5-11-19	<i>[Signature]</i> 6-11-19	



**District : DARJEELING**

Sl.No.	NAME OF THE SCHOOL	NAME OF THE HOI	MOBILE No.	Email Id.	ATTENDANCE			Remark if any
					04.11.19	05.11.19	06.11.19	
1.	Sardeswari Girls High School	Seema Pakhrin	9547955168	sardeswari@gmail.com	P	P	P	
2.	Turnbull Higher Secondary School	Nawin Uday Chandra Khaling	9832482669	turnbulldi1906@gmail.com	P	P	P	
3.	Municipal Boys High School	Umesh Chettri	9733176990	municipalboyshighschool@gmail.com				
4.	Maharani Girls Higher Secondary School	Uma Chettri Uma Devi Chettri	9735092507	maharanigirls28@gmail.com	Wahela 4/11/19	Wahela 5/11/19	Wahela 6/11/19	
5.	Hindi Higher Secondary School	Ratan Kumar Prasad	9749089442	darjeelinghindhighschool@gmail.com	Ratan Gupta	Ratan Gupta	Ratan Gupta	

**District : DARJEELING**

Sl.No.	NAME OF THE SCHOOL	NAME OF THE HOI	MOBILE No.	Email Id.	ATTENDANCE			Remark if any
					04.11.19	05.11.19	06.11.19	
6.	Government High School	Prabeen Zimba	9832543507	dhs1892@gmail.com				
7.	Rama Krishna Siksha Parisad	Nabin rai	7908483792	schoolrksp1944@gmail.com				
8.	St.Michael's H.S.School	Sister Edel Rai	9932330743	smsdara@gmail.com				
9.	Ghoom Boys Higher Secondary School	Binoy Gajmer	9733262672	ghoomboys@gmail.com				
10.	Ghoom Girls Higher Secondary School	Pimala Bhutia	9832041901	ghoomgirls2015@gmail.com				


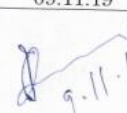
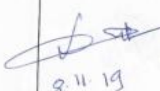
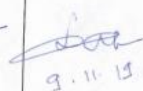
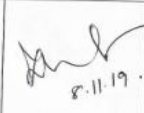
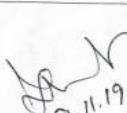
**District : JALPAIGURI**

Sl.No.	NAME OF THE SCHOOL	NAME OF THE HOI	MOBILE No.	Email Id.	ATTENDANCE			Remark if any
					07.11.19	08.11.19	09.11.19	
1.	DHAPGANJ GSAT HIGH SCHOOL	LIPIKA KARMAKAR	9933774597	dhapgovtsaths.jal@gmail.com		<i>dhapgovtsaths.jal@gmail.com</i> 08/11/19	<i>dhapgovtsaths.jal@gmail.com</i> 9/11/19	
2.	VIVEKANANDA HIGH SCHOOL	ALO SARKAR	7797800780	vivekanandahs.jal@gmail.com		<i>ALO SARKAR</i> 8/11/19	<i>ALO SARKAR</i> 9/11/19	
3.	ARABINDA MADHYAMIK HIGH SCHOOL	KSHOUNIS H GUHA	9475893427	arabindamadhyam1960@gmail.com		<i>KSHOUNIS H GUHA</i> 8/11/19	<i>KSHOUNIS H GUHA</i> 9/11/19	
4.	BAHADUR MUNNAS' HAPPY HOME	TANAY KANTI DAS	9932291697	Munnashappyhome@gmail.com		<i>TANAY KANTI DAS</i> 8/11/19	<i>TANAY KANTI DAS</i> 9/11/19	
5.	CENTRAL GIRLS' HIGH SCHOOL	SUDIPA SIKDAR	8436772840	cgshs.jal@gmail.com		<i>S. SIKDAR</i> 8.11.19	<i>S. SIKDAR</i> 9.11.19	

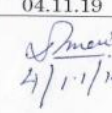
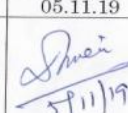
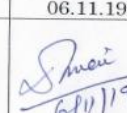



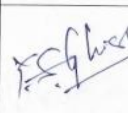
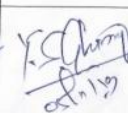
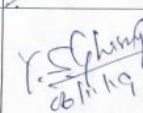


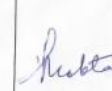
**District : JALPAIGURI**

Sl.No.	NAME OF THE SCHOOL	NAME OF THE HOI	MOBILE No.	Email Id.	ATTENDANCE			Remark if any
					07.11.19	08.11.19	09.11.19	
6.	DEBNAGAR KUMUDINI BALIKA BIDYALAYA	CHUMKI BHATTACHARYA	9064210760	dnkbv.jal@gmail.com	<i>CHUMKI BHATTACHARYA</i> 8/11/19	<i>CHUMKI BHATTACHARYA</i> 9/11/19		
7.	DEBNAGAR SATISH LAHIRI HIGH SCHOOL	PARIJAT CHOWDHURY	8670677351	dslhs.jal@gmail.com		<i>PARIJAT CHOWDHURY</i> 8/11/19	<i>PARIJAT CHOWDHURY</i> 9/11/19	
8.	DESHBANDHU NAGAR GIRLS' HIGH SCHOOL	<i>Shi. Sarekar</i>	<i>8250502423</i>	dbngshs.jal@gmail.com		<i>Shi. Sarekar</i> 08.11.19	<i>Shi. Sarekar</i> 09.11.19	
9.	JALPAIGURI HINDI HIGH SCHOOL	ASIT KUMAR BHAT	9932387626	Jalpaigurihindihighschool.jal@gmail.com	<i>ASIT KUMAR BHAT</i> 07.11.19	<i>ASIT KUMAR BHAT</i> 08.11.19	<i>ASIT KUMAR BHAT</i> 09.11.19	
10.	KADAMTALA GIRLS' HIGH SCHOOL	RITA ROY SENGUPTA	9932386943	Kadamtalagirls.jal@gmail.com		<i>RITA ROY SENGUPTA</i> 8/11/19	<i>RITA ROY SENGUPTA</i> 9.11.19	

**District : JALPAIGURI**

Sl.No.	NAME OF THE SCHOOL	NAME OF THE HOI	MOBILE No.	Email Id.	ATTENDANCE			Remark if any
					07.11.19	08.11.19	09.11.19	
11.	KALIAGANJ UTTAMESWAR HIGH SCHOOL	DR. JIBENDRA NATH SARKAR	9434608531	kuhs1963@gmail.com				
12.	MOHITNAGAR COLONY TARAPROSAD BALIKA VIDYALAYA	LEKHASHREE SAHA	9474031297	mnctp.jal@gmail.com				
13.	MOHITNAGAR COLONY TARAPROSAD HIGH SCHOOL	MRITYUNJAY DEY SARKAR	9475840542	Mctphschool.jal@gmail.com				
14.	NETAJI VIDYAPITH HIGH SCHOOL	SEKHAR DAS	9733064325	netajividyalaya.jal@gmail.com				
15.	SUNITIBALA SADAR GIRLS' HIGH SCHOOL	APARNA BAGCHI	9593766626	sbsadar.jal@gmail.com				

**District : KALIMPONG**

Sl.No.	NAME OF THE SCHOOL	NAME OF THE HOI	MOBILE No.	Email Id.	ATTENDANCE			Remark if any
					04.11.19	05.11.19	06.11.19	
1.	Indo Tibetan Higher Secondary School	Dhiren C.Wig	9009202602	<dhirenwig@yahoo.com>				
2.	Kalimpong Govt. High School	P.D Bhutia	1976890086	wbkghts.govt@gmail.com				
3.	Kalimpong Jubilee Higher Secondary School	<sup>Kumar</sup> Mani Bhujel	9434353798	<jubilee1934@gmail.com>				
4.	Kumudini Homes Higher Secondary School	Y.S Ghising	9832005002	Kumudinihomeschool1934@gmail.com				
5.	pranimi Balika Vidya Mandir Higher Secondary School	Roma Moktan	9800150200	<pranimischool1934@gmail.com>				



**District : KALIMPONG**

Sl.No.	NAME OF THE SCHOOL	NAME OF THE HOI	MOBILE No.	Email Id.	ATTENDANCE			Remark if any
					04.11.19	05.11.19	06.11.19	
6.	Scottish Universities mission Institutes	Jagat Sarajah	9832096482	sumikpg-sum ikpg@gmail .com>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	
7.	Ganesh High School	R.P Tamang	9832081385	ramprasadta mang01@gmail il.com	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	
8.	Gangotri H.S School	Anju Thapa	9547953441	gangotri 33@gmail.co m				
9.	Algarh H.S School	Bijoy Pradhan	9832314759	bejay_pradha n@yahoo.com	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	
10.	pagang Gumpa Higher Secondary School	Megnath Sharma	9547103797	paganggumpa 16@gmail.com	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	

**District : SILIGURI**

Sl.No.	NAME OF THE SCHOOL	NAME OF THE HOI	MOBILE No.	Email Id.	ATTENDANCE			Remark if any
					07.11.19	08.11.19	09.11.19	
1.	NAZRUL SATAVARSHIKI VIDYALAYA	MUKUL BHATTACHARYA	1402382398	msvidyalaya200 0@gmail.com				
2.	DR. I. B. THAPA NEPALI VIDYALAYA	HEMANT SHARMA	5418202386	dibmv.sl@gmail.com	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	
3.	MATIGARA HARASUNDAR HIGH SCHOOL	KAMALENDU ACHARYA	6295779962	mtgharasundar @gmail.com	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	
4.	NETAJI HIGH SCHOOL	RAJIB GHOSH <i>KANAK ADHIKARI</i>	7908467754 <i>9064184838</i>	siligurinetajihigh school.sl@gmail.com		<i>[Signature]</i>	<i>[Signature]</i>	
5.	SILIGURI HINDI HIGH SCHOOL FOR GIRLS	SITA ROWTH	9832476568	siligurihindigirls 14@gmail.com				



**District : SILIGURI**

Sl.No.	NAME OF THE SCHOOL	NAME OF THE HOI	MOBILE No.	Email Id.	ATTENDANCE			Remark if any
					07.11.19	08.11.19	09.11.19	
6.	KABI SUKANTA HIGH SCHOOL	RISHIN BISWAS	9434195497	kabishts@gnail.com		Jayanta Das 8/11/19	Jayanta Das 8/11/19	
7.	SHAMSIA HIGH MADRASAH (H.S.)	MD. SALIM	9832324508	mdsalimshim@gmail.com		MD Salim 08.11.19	MD Salim 09.11.19	
8.	Muraliganj High School	Samsul Alam	9434141813	muraliganjhighschool@gmail.com		Samsul Alam		
9.	Iswarchandra Vidya Sagar High School.	Dr. Pratip Kr. Basu	9126663177	iswarchandravhs.sil@gmail.com		Pratip Basu 8/11/19	Pratip Basu 9/11/19	
10.	Madati High School	Rishikesh Jawahar,	9832379678	madatihighschool1967@gmail.com		R. Jawahar 8.11.19	R. Jawahar 9.11.19	

## ATTENDANCE

### Teachers

District : ALIPURDUAR						
Sl. No.	NAME OF THE SCHOOL WITH UDISE CODE	NAME OF THE AT	MOBILE No.	Email Id.	SIGNATURE 09.11.19	Remark if any
1	DEODANGA HIGH SCHOOL 19220111303	RANA DEB	9733328160	deodanghighschool.jal@gmail.com	Rana Deb	
		KRISHNA KUNMAR BHOWMIK	8145824080		Ankita Barman	
		ANIL BARMAN	9749759460		Anil Barman	
		DILIP BARMAN TAPAS SARKAR	6294665731		Tapas Sarkar	
		SANTANU DAS	7001106233		Santanu Das	
2	CHILAPATA FOREST HIGH SCHOOL 19220100702	AJIT MAJUMDER	9064902033	chfs.jal@gmail.com	Ajit Majumder	
		SOMEN KUMAR ROY	8617851961			
		DILIP KUMAR PAUL	8373886863		Dilip K. Paul	
		SHEFALI BARMAN	6296121351		Shefali Barman	
		ANNESHA CHAKRABORTY	9474520956		Annesha Chakraborty	
3	FALAKATA GIRLS HIGH SCHOOL 19220411106	JUTHIKA BARMAN	7407483244	fghs.jal@gmail.com	Juthika Barman	
		MALLIKA ROY	9733292422		Mallika Roy	
		MOMI HALDER	9851862477		Momi Halder	
		MAMPI SAHA	9093515970		Mampi Saha	
		JHUMA CHOUDHURY	9091208160		Jhuma Choudhury	
4	JADABPALLI HIGH SCHOOL (H.S.)	ANUPAM DUTTA	9749382432	jadabpallihs.jal@gmail.com	Anupam Dutta	
		SHYAMAL ROY	8670048428		Shyamal Roy	
		APURBA DUTTA	9832505080		Apurba Dutta	
		DHRUBAJYOTI DAS	7407662326		Dhrubajyoti Das	
		ASISH RANJAN DAS	9614219669		Asish Ranjan Das	
5	JOGENDRANAGAR HIGH SCHOOL 19220109503	NILKAMAL SARKAR	9641032592	jnhs.jal@gmail.com	Nilkamal Sarkar	
		AJIT CHANDRA ROY	9733322050		Ajit Chandra Roy	
		PRAKASH BARMAN	7908519535		Prakash Barman	
		PIYALI SAHA	9434522275		Piyali Saha	
		MOUMITA GHOSH	9679728900		Moumita Ghosh	

District : ALIPURDUAR						
Sl. No.	NAME OF THE SCHOOL WITH UDISE CODE	NAME OF THE AT	MOBILE No.	Email Id.	SIGNATURE 09.11.19	Remark if any
6	LALTURAM HIGH SCHOOL	AROBINDA RAY BHUPEN BARMAN	9735097545	lalturamhigh@gmail.com	Bhupen Barman	
		JAY CHATTOPADHYAY	7908833166		Jay Chattopadhyay	
		HARIDAS BHOWMIK	9733297254		Haridas Bhowmik	
		CHANDAN KUMAR SARKAR	9064174332		Chandan K. Sarkar	
		VIVEK KUMAR KUNDU	7797171727		Vivek K. Kundu	
7	PANCHKOLGURI PROMODINI HIGH SCHOOL (H.S.) 19220112804	ASHIM KUMAR PANDIT	9641461275	pphighschoolapd.jal@gmail.com	Ashim K. Pandit	
		DHRUBAJIT DAS	9002562504		Dhrubajit Das	
		SUMIT SINGHA	9832636360		Sumit Singha	
		UTPAL SARKAR	6294348498		Utpal Sarkar	
		SWAPAN MALLICK	9734147178		Swapan Mallik	
8	RABIKANTA HIGH SCHOOL (H.S.) 19220102801	SUBHADRA DE SARKAR	8609719568	rabikanta.jal@gmail.com	Subadra Dey Sarkar	
		NITA BAISHNAB	9474425742		Nita Baishnab	
		DILIP DEBNATH	9749503774		Dilip Debnath	
		NILIMA BARMAN	9476361029		Nilima Barman	
		SUSANTA SARKAR	8343904844		Susanta Sarkar	
9	RAICHENGA VIDYA NIKETAN HIGH SCHOOL	KAJAL SARKAR	9564097858	rvhs.jal@gmail.com	Kajal Sarkar	
		SAJIB RANJAN NATH	8372016461		Sajib Ranjan Nath	
		UTPAL CH. SARKAR	9832594976		Utpal Ch. Sarkar	
		RANJAN ROY	8617012427		Ranjana Roy	
		SUMANA SEN	8250918543		Sumana Sen	
10	SALKUMAR HAT HIGH SCHOOL (H.S.) 19220108602	DR. SHIBU ROY	9475807445	salkums71@gmail.com	Dr. Shibu Roy	
		SUMANTA DEBNATH	9735326060		Sumanta Debnath	
		GAUTAM KARMAKAR	9735434435		Gautam Karmanar	
		DIPAK DAS	9932835776		Dipak Das	
		DIPAK KUMAR DAS	9609996682		Dipak K. Das	



District : ALIPURDUAR							
Sl. No.	NAME OF THE SCHOOL WITH UDISE CODE	NAME OF THE AT	MOBILE No.	Email Id.	SIGNATURE 09.11.19		Remark if any
11	SHILBARIHAT HIGH SCHOOL	RIPAN DAS	8768875877	sibhs.jal@gmail.com	Ripan Das.		
		PRASAD DAS 900 644 329 22	9563008024		Prasad Das.		
		AMIT KUMAR DEBNATH SARKAR	9733252097		Amit K Debnath Sarkar		
		SUBHADIP NAG	7384855801		Subhadip nag.		
		KUNARAM BARMAN	9832472076		Kunaram Barman		
12	SONAPUR B.K. GIRLS HIGH SCHOOL 19220112303	POPI BAIN SARKAR	7872958423	girlshssonapur@gmail.com	Popi Bain Sarkar		
		APARNA SAHA	6296830545		Aparna Saha.		
		SUMANA BISWAS	7384856602				
		SOMDATTA DAS	8250114079		Somdattha Das		
13	SONAPUR B.K. HIGH SCHOOL (H.S.) 19220112304	SWAPAN DAS	9734151616	sonapurbkshsschool.jal@gmail.com	Swapan Das		
		MITHUN MAJUMDER	9679276736		Mithun Majumder		
		SAIKAT DEY BHAUMICK	9474626967		Saikat De Bhayumik.		
		MANOJ KUMAR SINHA RAY	8145792063		Manoj K. Sinha Ray.		
		SRIMANTA JASH	9474309320		Srimanta Jash		
14	TAPSIKHATA HIGH SCHOOL 19220102302	SUJIT ROY	9735034481	tapshkhatahighschool.jal@gmail.com	Sujit Roy		
		PROFULLA KUMAR MONDAL	9153116533		Profulla Kumar Mondal		
		MADHUPARNA DAS	8150759227		Madhuparna Das.		
		ANUPAM BHOWAL	8436226977		Anupam Bhowal		
		AJIDUL HOQUE	9474633890		Ajidul Hogue		
15	THAKUR PANCHANAN VIDYAPATH (H.S.) 19220108603	DHANANJAY RAVA	9064291767	tpvhsjal@gmail.com	Dhananjay Rava		
		SAMARENDRA ROY	7363031461		Samarendra Roy.		
		TAPASH DEBNATH	8927295804		Tapash Debnath.		
		BALARAM PARIA	8017004062		Balaram Paria		
		JAYANTA SARKAR	9635959405				

District : COOCHBEHAR							
Sl. No.	NAME OF THE SCHOOL WITH UDISE CODE	NAME OF THE AT	MOBILE No.	Email Id.	ATTENDANCE		Remark if any
					05.11.19	06.11.19	
1	BANESWAR GIRLS HIGH SCHOOL 19030908502	SUNITA MOHANTA	9749063834	baneswargirls2015@gmail.com		Sunita Mohanta	
		MOUMITA DAS	9547409199			Moumita Das.	
		MOUMITA KARMAKAR	9593674491			Moumita Karmakar	
		JAYA ROY	9933991228			Jaya Roy	
		BULTI GHOSH Mousumi Dutta	9063094961			Mousumi Dutta.	
2	BANESWAR KHABSA HIGH SCHOOL 19030908701	KAUSHIK SARKAR	8436033338	bkhs.cob@gmail.com		Kaushik Sarkar	
		UTPALENDU BASAK	9832463267		Utpalendu	Utpalendu Basak	
		RAMANANDA MANDAL	9851131249			Ramananda Mandal	
		SAMIR KUMAR PAUL	9153069868			Samir K Paul.	
		RABINDRA PAUL	9474333465			Rabindra Paul.	
3	BARAIBARI NARANATH HIGH SCHOOL 19030907201	SUVRA ACHARYA	9083110176	brhs.cob@gmail.com		Suvra Acharya	
		SINJINI CHATTAPADHYAY Rimika	9800981507			Rimika - Gohari	
		JAYNARAYAN SAHA	9932674221			Jaynarayan Saha	
		NIBEDITA ACHARJEE	8250749078			Nibedita Acharjee	
		PUJNIMA SARKAR Rustom Nagor	9851770167			Rustom Nagor	
4	GOPALPUR HIGH SCHOOL 19030903302	TAPAN KARJEE	9475306163	gopalpurhighschool409@gmail.com		Tapan Karjee	
		DEBES KR. SAHA	9474826380			Debes Kr. Saha	
		KHAGENDRANATH SARKAR	9434136669			Khagendra Sarkar	
		SUMAN SAHA	9679190153			Suman Saha	
		SANJEB KUMAR DEB	7679539360			Sanjeib Kr. Deb	
5	MANINDRA NATH HIGH SCHOOL 19030910502	ABHIMANYU SARKAR		alitsarkarmhs@gmail.com			
		PARTHASARATHI DAS					
		NANDITA DAS					
		SWETA BISWAS					



District : COOCHBEHAR							
Sl. No.	NAME OF THE SCHOOL WITH UDISE CODE	NAME OF THE AT	MOBILE No.	Email Id.	ATTENDANCE		Remark if any
					05.11.19	06.11.19	
6	RAJARHAT VIDYABHAN HIGH SCHOOL 19030919601	RANJIT NARJINARY	9609901687	vidyabhavan.vbhs@gmail.com			
		BISWAJIT KIRTANIYA	9434483601			Biswajit K.	
		ARUP RAY	9800713469			Arup Ray	
		SAMIR PAUL	9153563731		Samir	Samir Paul	
		AJAY DUTTA	9851273402			Ajay Dutta	
7	PUNDBARI GDL BALIKA VIDYALAYA	ARPITA BARMAN		pndbvr@gmail.com		Arpita Barman	
		SIMA NANDI				Sima Nandi	
		SUSMITA ROY	7407260642			Susmita Roy	
		MONIKA PODDAR				Monika Poddar	
		KABERI ROY				Kaberi Roy	
8	BARARANGRASH DINESWARI HIGH SCHOOL	GARGI BASU	7584911284	baradhs1965@yahoo.com		Gargi Basu	
		SUKLADHAI DAS	9609907221			Sukladhai Das	
		DIBAKAR SARKAR	9832035930			Dibakar Sarkar	
		SUBODH CHANDRA DUTTA	9800597531			Subodh Chandra Dutta	
		KAJAL DAS	9800619998			Kajal Das	
9	PATLAKHAWA HIGH SCHOOL (H.S.) 19030913802	BALAI DAS	9749073206	patlakhawahighschool@gmail.com		Balai Das	
		BISWAJIT NANDI	9434483601			Biswajit Nandi	
		ABHIJIT BHATTACHARYA	7001387800			Abhijit Bhattacharya	
		CHINMAY BARMAN	8116469164			Chinmay Barman	
		TOURANGA MALLICK	9832118675			Touranga Mallik	
10	KALABAGAN HIGH SCHOOL	AMITAVA SARKAR	9434217050	arup.som75@gmail.com kalabagan.hs.cob@gmail.com		Amitava Sarkar	
		BROJENDRA NATH SARKAR	9933808617			Brojendra Nath Sarkar	
		TAPAS BHOWAL	9733135590			Tapas Bhowal	
		MD. JULCARNINE	7001727335			MD. Julcarnine	
		UTPAL RAKSHIT	9832463147			Utpal Rakshit	

District : COOCHBEHAR							
Sl. No.	NAME OF THE SCHOOL WITH UDISE CODE	NAME OF THE AT	MOBILE No.	Email Id.	ATTENDANCE		Remark if any
					05.11.19	06.11.19	
11	COOCHBEHAR SHREE HINDI VIDYALAYA (H.S.) 19031700801	SANTU NANDI	9434939698	cobshreehindividyalaya@gmail.com		Santu Nandi	
		PRADEEP KUMAR CHOUDHURY	9832588314			Pradeep Kumar Choudhury	
		SANJAY DAS	8250622782			Sanjay Das	
		SANJAY BARMAN	9474830393			Sanjay Barman	
		BIMAL CHHETRI	8637875148			Bimal Chhetri	
12	COOCH BEHAR UCHCHA BALIKA VIDYALAYA	Nivedita Adhikary	9593952624	cob.ubv@gmail.com		Nivedita Adhikary	
		Shati Sarkar	9832463302			Shati Sarkar	
		Sampa Das	9475835217			Sampa Das	
		Nirmala Kharia	9064423193			Nirmala Kharia	
		Mousumi Das	8944704818			Mousumi Das	
13	NEWTOWN GIRLS HIGH SCHOOL 19031701302	ASHIMA SARKAR	8768154147	newtowngirlshighschool@gmail.com		Ashima Sarkar	
		ALOKANANDA BARMAN	7063817510			Alok Ananda Barman	
		SIPRA SAHA	9932734721			Shipra Saha	
		MANASHI CHAKRABORTY	9832356696			Manashi Chakraborty	
		MUNMUN DAS	9564889278			Munmun Das	
14	JENKINS SCHOOL 19031701704	SANJAY DHAR PRASANTA KR RAY	7384604040	jenkins1861@gmail.com		Prasanta Kumar Ray	
		PROSANTO ROY	9832312210			Prosanto Roy	
		PINTU KUMAR MAJUMDER	9434604226			Pintu Kumar Majumder	
		SUBRATA MANDAL	6295098067			Subrata Mandal	
		INDRAJIT RAY	9800901401			Indrajit Ray	
15	KHAGRABARI HARENDRA CHANDRA VIDYAMANDIR	RAJA DAS	9609740981	khagrabari13hco@gmail.com		Raja Das	
		DHARMENDRA ROY	985142191			Dharmendra Roy	
		HARIT ROY	9609839742			Harit Roy	
		SUMAN SAHA	8475382381			Suman Saha	



District : DARJEELING							
Sl. No.	NAME OF THE SCHOOL WITH UDISE CODE	NAME OF THE AT	MOBILE No.	Email Id.	ATTENDANCE		Remark if any
					05.11.19	06.11.19	
1	SARDESWARI GOVT. GIRLS' HIGH SCHOOL	SANGITA RAI	9933767902	sardeshwariage@gmail.com			
		PUSPA LIMBOO	9734911767				
		ARMINA GAZMER	9832433316				
		SUJITA CHETTRI	8972364595				
		UPASNA RAI	7584886207				
2	TURNBULL HIGHER SECONDARY SCHOOL	RINZING N. BHUTIA	8927320500	turnbulld1906@gmail.com			
		BARUN GURUNG	7908329818				
		BHASKER CHETTRI	9851262323				
		MISHAEL PRADHAN	9733002186				
		PRAWESH GURUNG	7797954592				
3	MUNICIPAL BOYS HIGH SCHOOL			municipalboyshighsch@gmail.com			
4	MAHARANI GIRLS HIGHER SECONDARY SCHOOL	BANDANA KHEGONG	8101245084	maharanigirls28@gmail.com			
		GYANI RAI	9832346608				
		BUNTY TAMANG	9775511197				
		SUNITA TALUKDAR CHETTRI	9708079030				
		SABITRI SARKAR SARKER	9832552921				
5	DARJEELING HINDI HIGH SCHOOL	KAMLESH BALMIKI	8900532567	darjeelinghindhighsch@gmail.com			
		SANJAY KUMAR GUPTA	9749336661				
		RABISH PRASAD	8927805415				
		PRAMOD SUBBA	8016965695				
		ARJUN SUBBA	8759054903				

District : DARJEELING							
Sl. No.	NAME OF THE SCHOOL WITH UDISE CODE	NAME OF THE AT	MOBILE No.	Email Id.	ATTENDANCE		Remark if any
					05.11.19	06.11.19	
6	DARJEELING GOVERNMENT HIGH SCHOOL	DIPESH SHANKER	9775971262	dghs1892@gmail.com			
		ASESH ROKA	7679189245				
		PHILIP RAI	9832015592				
		Gammel Roka	983234796				
7	RAMA KRISHNA SIKSHA PARISAD BOYS' H.S. SCHOOL	PRAKASH RAI	9933023390	schoolrksp1944@gmail.com			
		LAXUMAN SHARMA	7001230374				
		RAJU SUBBA	8101645210				
		SANDIP GUPTA	8918402876				
		NAWANIT RAI	7001796185				
8	ST.MICHAEL'S H.S.SCHOOL			smsdari@gmail.com			
9	GHOOM BOYS HIGHER SECONDARY SCHOOL BINAY	SRI KARUN SUBBA	9641290969	ghoomboys@gmail.com			
		PRAMASKER BLONE	8670800808				
		PANKAJ SHARMA	9434241653				
		SANJEEV BALMIKI	9832579155				
		BENOY CHANDRA RAI	9800140498				
10	GHOOM GIRLS HIGHER SECONDARY SCHOOL	SOMA SINGH	9083103284	ghoomgirls2015@gmail.com			
		TENJI YOLMO	9832507789				
		DEWATRI DAS	9733175824				
		PASSANG WANGDI DUKPA	9832689130				
		SHABNAM KHATOON	8918924351				



District : JALPAIGURI						
Sl. No.	NAME OF THE SCHOOL WITH UDISE CODE	NAME OF THE AT	MOBILE No.	Email Id.	SIGNATURE 09.11.19	Remark if any
1	DHAPGANJ GOVT. SPONSORED ASHRAM TYPE HIGH SCHOOL 19020512603	RABINDRA NATH ROY	8016811350	dhapganjgovtschool@gmail.com	Rabindra Nath Roy	
		MINA BISWAS	9775841320		Mina Biswas	
		SUFIA BASAR	9749797191		Sufia Basar	
		KAUSHIK ROY BASUNIA	8436303836		Kaushik Roy Basunia	
		NABAKUMAR KARMAKAR	9933957950		Naba Kumar Karmakar	
2	VIVEKANANDA HIGH SCHOOL 19020511302	BIDISHA ROY	9932640074	vivekanandahs.jal@gmail.com	Bidisha Roy	
		SUSMITA SINHA ROY	8617025672		Susmita Sinha Roy	
		BEDANTA DUTTA	9635666016		Bedanta Dutta	
		FULBABU DAS	7585080744		Fulbabu Das	
		HALIM MANDAL	8336863078		Halim Mandal	
3	ARABINDA MADHYAMIK (H.S.) BIDYALAYA 19021502505	KOUSHIK MITRA	9733047106	arabindamadhyamik.aj1960@gmail.com	Koushik Mitra	Samir Kumar Paul. 09.11.19 Saswati Gupta Bhaya Sudipa Sarkar Sushil Murmu, 9.11.19 Tapas Kumar Roy 9.11.19
		SAMIRAN MAITRA <sup>SANJAY KR. PAUL</sup>	9832094246		Samiran Kumar Paul	
		SASWATI GUPTA BHAYA	8436926605		Saswati Gupta Bhaya	
		SUDIPIA SARKAR	9733012274		Sudipa Sarkar	
		SUSHIL MURMU	9593374828		Sushil Murmu	
4	BAHADUR MUNNAS' HAPPY HOME HIGH SCHOOL	TAPAS ROY	7001043431	Munnashappyhome@gmail.com	Tapas Kumar Roy	
		BABAN DAS	7679445400		Baban Das	
		APURBA DEY SARKAR	8918957151		Apurba Deo Sarkar	
		SUBHRA SAMAJDAR	9434605869		Subh Samajdar	
		RATAN KHASNOBISH <sup>Samir Bhawanik</sup>	9434605123		Ratan Khasnobish	
5	CENTRAL GIRLS' HIGH SECONDARY SCHOOL 19021500607	MUNMUN DEY	7319396011	gths.jal@gmail.com	Munmun Dey	
		PAMPA PAUL	7548052627		Pampa Paul	
		NABANITA NAYEK	9547760329		Nabanita Nayek	
		DALIA SARKAR	8145967181		Dalia Sarkar	
		DEBASREE GURIA	8642970309		Debasree Guria	

→ DHAJENDRA ADHIKARY - 8967185194

Adhikary

District : JALPAIGURI						
Sl. No.	NAME OF THE SCHOOL WITH UDISE CODE	NAME OF THE AT	MOBILE No.	Email Id.	SIGNATURE 09.11.19	Remark if any
6	DEBNAGAR KUMUDINI BALIKA VIDYALAYA 19020508404	SOMA SARKAR	9434450179	dnkv.jal@gmail.com	Somyamali Saha Soma Sarkar.	
		RUDRANI SARKAR	8972375086		Jayati Sen. / Rudrani Sarkar	
		UMA BASU	9775810534		Uma Basu	
		SHYAMALI SAHA	9434413461		Shyamali Saha	
		JAYATI SEN	9434523941		Jayati Sen	
7	DEBNAGAR SATISH LAHIRI HIGH SCHOOL 19020508403	SASADHAR BARMAN	9434491452	dsjhs.jal@gmail.com	Sasadhar Barman	
		KALYAN PAUL	9434637854		Kalyan Paul	
		SURAJIT GHOSH	9832505998		Surajit Ghosh	
		AMIT KUMAR SAHA	9749648127		Amit Kumar Saha	
		SUJAY BARMAN	9832670600		Sujay Barman	
8	DESHBANDHUNAGAR GIRLS' HIGH SCHOOL 19021501405	KRIPAMOYEE ROY	8900048255	dbngths.jal@gmail.com	Kripa moyee Roy	
		SUSMITA DAS	9832339522		Susmita Das	
		JAYEETA KARMAKAR	7908828563		Jayeeta Karmakar	
		ANAMIKA PAL	8918336629		Anamika Pal	
9	JALPAIGURI HINDI HIGH SCHOOL 19021500207	AJAY KUMAR SINGH	8910040496	jalpaigurihindhishighschool@gmail.com	Ajay Kumar Singh	
		JAI SHANKAR RAM	9475391360		Jai Shankar Ram	
		RAJESH BAITHA	9434603136		Rajesh Baitha	
		CHANDA PANDEY	9101705201		Chanda Pandey	
		SATYABAN MANDAL	9093568400		Satyaban Mandal	
10	KADAMTALA GIRLS' HIGH SCHOOL 19021501703	AGAMANI SARKAR <sup>Prabha Sarkar</sup>	9434602292	kadamtalagirishighschool@gmail.com	Prabha Sarkar	
		MADHURIMA PAUL	7908850017		Madhurima Paul	
		RUPALI GHOSH <sup>Sona Paul</sup>	9434651339		Sona Paul	
		CHANDANA MANTA	9932583986		Chandana Manta	
		SIPRA MUKHERJEE	8918533658		Sipra Mukherjee	



District : JALPAIGURI						
Sl. No.	NAME OF THE SCHOOL WITH UDISE CODE	NAME OF THE AT	MOBILE No.	Email Id.	SIGNATURE	Remark if any
					09.11.19	
11	KALIAGANJ UTTAMESWAR HIGH SCHOOL 19020501701	BISWAJIT MAJUMDER	7679805008	kuhs1963@gmail.com	Biswajit Majumder	
		KAMALENDU MALLIK	8617669522		Kamalendu Mallik	
		GAREN KR. BARMAN	8617475013		Garen Kr. Barman	
		SUMAN DAS	9733331773		Suman Das	
		ARHIT SAHA	9933548582		Amit Halder	Amit Halder is deputised in place of Arjit Saha
12	MOHITNAGAR COLONY TARAPROSAD BALIKA VIDYALAYA 19020502702	TANIMA ROY	8116034266	mnctp.jal@gmail.com	Tanima Roy 09.11.2019	
		SHYAMA DE	9641687788		Shyama de	
		RUCHITA SAHA	982651309		Ruchita Saha	
		GITA SARKAR	9933058323		Gita Sarkar	
		RENUKA BARI	9832524460		Renuka Barai	
13	MOHITNAGAR COLONY TARAPROSAD HIGH SCHOOL 19020502701	DIPU CH. ROY	9635411165	Mctphschooljal@gmail.com	Deputy Chandra Roy	
		EPSITA GANGOPADHYAY	7585951623		Epsita Gangopadhyay	
		ROHIT MODI	8250697407		Rohit Modi	
		HIRONMOY DHALI	9832490647		Hironmoy Dhal	
		UDAY KARMAKAR	7047331166		Uday Karmakar	
14	NETAJI VIDYAPATH HIGH SCHOOL 19020509602	RAJARSHI HAR	9547586851	Netajividyapath.jal@gmail.com	Rajarsi Har	
		NITYA RANJAN PAL	9064197213		Nitya Ranjan Pal	Nitya Ranjan Pal
		SUSHIL BARMAN	8942840994		Sushil Barman	
		SUNIL CHANDRA BISWAS	9832360043		Sunil Chandra Biswas	
		KHOKAN KARJEE	8967795634		Khokan Karjee	
15	SUNITIBALA SADAR GIRLS' HIGH SCHOOL 19021500506	RITALI GHOSH	9474415107	sbadar.jal@gmail.com		
		SAMPA ROY BAKSHI	9932760469			
		ARPITA ROY	8972114203			
		MAHAMAYA DAS	9641563411			
		SUBARNA DAS	9733322409			

District : KALIMPONG							
Sl. No.	NAME OF THE SCHOOL WITH UDISE CODE	NAME OF THE AT	MOBILE No.	Email Id.	ATTENDANCE		Remark if any
					05.11.19	06.11.19	
1	INDO TIBETAN HIGHER SECONDARY SCHOOL 19013801003	SUSILA MOGTAN	9832038939	indotibetanhs@gmail.com	Sushila Mogtan	Sushila Mogtan	
		KAMALI TAMANG	9832422658		Kamali Tamang	Kamali Tamang	
		YANG SOMA YONZONE	9003954301		Yang Soma Yonzone	Yang Soma Yonzone	
		KISHORE CHANDRA SHARMA	7546032600		Kishore Chandra Sharma	Kishore Chandra Sharma	
		KAMAL KUMAR NIROULA	9832013825		Kamal Kumar Nirola	Kamal Kumar Nirola	
2	KALIMPONG GOVT. HIGH SCHOOL 19013801201	ANFAN SUBBA	8870979004	kalimponggovt@gmail.com	Anfan Subba	Anfan Subba	
		ANAGNI KHALING	9002929234		Anagni Khaling	Anagni Khaling	
		GOLDE BOURI	9120358966		Golde Bouri	Golde Bouri	
		ANUN RAJ	9641075180		Anun Raj	Anun Raj	
		UTTAM KUMAR THAKUR	9331867623		Uttam Kumar Thakur	Uttam Kumar Thakur	
3	KALIMPONG JUBILEE HIGHER SECONDARY SCHOOL 19013801006	B.L. SHARMA	9679080359	kalimpongjubilee@gmail.com	B.L. Sharma	B.L. Sharma	
		S. Y. BHUTIA	9735485272		S. Y. Bhutia	S. Y. Bhutia	
		ASAY PRADHAN	9832060910		Asay Pradhan	Asay Pradhan	
		SUREN SAJEK	9003600923		Suren Sajeck	Suren Sajeck	
		TUSHAR THAPA	8436406728		Tushar Thapa	Tushar Thapa	
4	KUMUDINI HOMES HIGHER SECONDARY SCHOOL 19013801004	DEEPAK KUMAR SHARMA	9932202850	kumudinihomes@gmail.com	Deepak K. Sharma	Deepak K. Sharma	
		AMRIT LEPCHA	8101729511		Amrit Lepcha	Amrit Lepcha	
		SAGAR THAPA	9832508323		Sagar Thapa	Sagar Thapa	
		ANIMESH PRADHAN	8116474791		Animesh Pradhan	Animesh Pradhan	
		NILAM NIROULA	9832069963		Nilam Nirola	Nilam Nirola	
5	PRANAMI BALIKA VIDYA MANDIR 19233801504	ARU BHUTIA	7001785237	pranamibalika@gmail.com	Aru Bhutia	Aru Bhutia	
		KALPANA DARNAL	9832398767		Kalpana Darnal	Kalpana Darnal	
		SUDHANA JOSHI	7902230032		Sudhana Joshi	Sudhana Joshi	
		SUSHRUTA CHETTRI	9753582079		Sushruta Chettri	Sushruta Chettri	
		KARMA P. BHUTIA	9832355074		Karma P. Bhutia	Karma P. Bhutia	



District : KALIMPONG							
Sl. No.	NAME OF THE SCHOOL WITH UDISE CODE	NAME OF THE AT	MOBILE No.	Email Id.	ATTENDANCE		Remark if any
					05.11.19	06.11.19	
6	SCOTTISH UNIVERSITIES MISSION INSTITUTION 19013800401	PRAGNAN MITRA	9434166474	sumilip@gmail.com		P. Miki	
		SUMAN MOTHEY	9832653526			Su	
		DHIRAJ SUNDAS	9679003586			AS	
		SANTOSH ADHIKARI	9474016852			Santosh	
		YONRAJ CHHETRI	9641892022			Yonraj	
7	GANESH HIGH SCHOOL 19013403302	ARPAN RASALI	9641490421	ganprasadramang01@gmail.com		Arpan	
		NOEL LEPCHA	9932354724			Noel Lepcha	
		YOGESH SHARMA	9932880218			Y. Sharma	
		HARI PD. SHARMA	9851849262			Hari	
		Hem Kanta Bhandari	9734919841			Hem Kanta Bhandari	
8	GANGOTRI H.S SCHOOL 19013402802	SANTOSH RAI	9832616768	gangotri333@gmail.com		Santosh Rai	
		KUBER CHHETRI	9635416332		Kuber Chettri	Kuber Chettri	
		DURGA SARKI	6294758938			Durga Sarki	
9	ALGARH H.S SCHOOL 19013506602	SONAM DORJEE BHUTIA	8016055129	belav_pradhan@yahoo.com		Sonam Dorjee Bhutia	
		KUNAL TAMANG	9932324067			Kunal Tamang	
		AJAY PRADHAN	9593026644			Ajay Pradhan	
		KIRAN GAUTAM	9064868589			Kiran Gautam	
			9749086185				
10	PAGANG GUMPA HIGHER SECONDARY SCHOOL 19013504802	PARSURAM SHARMA	8207001332	paganggumpa16@gmail.com		Parsuram Sharma	
		KUMAR CHHETRI	9593855311			Kumar Chettri	
		KIRAN THAPA	6296804966		Pansuram Sharma	Kiran Thapa	
		BIKASH SEWA	7602416153			Bikash Sewa	
		TILAK SHARMA	9932234656			Tilak Sharma	

District : SILIGURI							
Sl. No.	NAME OF THE SCHOOL WITH UDISE CODE	NAME OF THE AT	MOBILE No.	Email Id.	SIGNATURE		Remark if any
					09.11.19		
1	NAZRUL SATAVARSHIKI VIDYALAYA	SHUBHAJYOTI DAS	9851443368	nsvidyalaya2000@gmail.com		Shubhajyoti Das	
		NIRMALENDU BARMAN	9832069690			Nirmalendu Barman	
		JYOTIPRAKASH ROY	9614606465			Jyoti prakash Roy	
		SHYAMAL PAL	9093680912			Shyamal Pal	
		ASHIM KR ROY	9002679995			Ashim Kr. Roy	
2	DR. I. B. THAPA NEPALI VIDYALAYA 19210500300	BIKASH CHETTRI	8346982316	dibtnv.sil@gmail.com		Bikash Chettri	
		SHIBAM KHATI	9832330230			Shibam Khati	
3	MATIGARA HARASUNDAR HIGH SCHOOL	PABITRA KR. BARMAN	7384998922	mshharasundar@gmail.com		Pabitra Kr. Barman	
		DIPA DHAR ZIARUL RAHAMAN	9475966647			ZIARUL RAHAMAN	
		NIVEDITA DAS	8972329521			NIVEDITA DAS SARKAR	
		BIPLAB DAS	7550904094			Biplab Das	
		DEBABROTA KARMAKAR	9474644659			Debabrota Karmakar	
4	SILIGURI NETAJI HIGH SCHOOL	UTTAM KUMAR GHOSH	8918985925	silgurinetajihighschoolsil@gmail.com		Uttam K. Ghosh	
		SUMAN KARMAHAPATRA	9153686084			Suman Karmahapatra	
		SAMIK MITRA	9832509856			Samik Mitra	
		JAYANTA CHAKRABORTY	9474936739			Jayanta Chakraborty	
5	SILIGURI HINDI HIGH SCHOOL FOR GIRLS	NIRMALA AGARWAL	7699999509	silgurihindighschool14@gmail.com		Nirmala Agarwal	
		RAJNI BHAGAT	8509643560			Rajni Bhagat	
		SURAVI DEY	7908668458			Suravi Dey	
		SOMA MANDAL	8670665460			Soma Mandal	
		MAHUA GOPE	9832029344			Mahua Gope	



District : SILIGURI						
Sl. No.	NAME OF THE SCHOOL WITH UDISE CODE	NAME OF THE AT	MOBILE No.	Email Id.	SIGNATURE 09.11.19	Remark if any
6	KABI SUKANTA HIGH SCHOOL	JAYANTA DAS	8348110959	kabishs.sil@gmail.com		
		NANDAN BASAK	9046858098		Nandan Kumar Basak	
		DIPANKAR ROY	8293260172		Dipankar Roy	
		RUMI GOSWAMI	8927667050		Rumi Goswami	
		SANJAY SINGHA	8967812293		Sanjay Singha	
7	SHAMSIA HIGH MADRASAH (H.S.)	MD MUSLIM ALAM	8617476079	mdsalimsham@gmail.com		
		NAUSHAD ALI	9339742996			
		RAHMATULLAH ANSARI	9231100798			
		MD RAFI	7602428518			
		ZIAUDDIN ALI	9832642828			
8	MURALIGANJ HIGH SCHOOL (H.S.)	ARKAPRABHA DUTTAGUPTA	9474389235	muraliganjhighschool@gmail.com	Arkaprabha Duttagupta 9.11.19	
		NAYAN SAHA	9832055060			
		MAZINUR HOQUE	9475069400			
		SWAGATA BANIK	9832450950		Swagata Banik 9.11.19	
		SUSHANTA ROY	8906750311		Sushanta Roy 9.11.19	
9	ISWARCHANDRA VIDYA SAGAR HIGH SCHOOL 19210305501	KABIR SAHABUDDIN	9434494885	iswarchandravhs.sil@gmail.com	Kabir Sahabin 9/11/19.	
		BIRENDRA NATH ORAON	6294718223		B.N. 9/11/19	
		HARASANKAR ROY	9851112865		H.S. Roy 9.11.19	
		MITHUN BHAUMIK	9002790844		Mithun Bhaumin 9/11/19.	
		SARIT SAHA	9475720880		Saril Saha 9/11/19.	
10	MADATI HIGH SCHOOL	LALBABU SAH	7278103746	madatihighschool1967@gmail.com	Lalbabu 9/11/19	
		MD. NASIR HUSSAIN	9123797486		MD 9.11.19	
		BHARAT RAY	9475516391		B.R. 9.11.19	
		NIKHIL CH. MANDAL	6294733033		Nikhil 9.11.19	
		ASRAJ CHHETRI	9083923898		Asraj Chhetri	

## GROUP WORKS BY MASTER TRAINERS

GROUP EXERCISE: ROUTES OF ADMINISTRATION. (DT-05/11/19)  
NTs' 1st Gr. admin

1. DHUTURO: A round type of leafy plants available in the hill region of Darjeeling hills.

Route of administration: The raw plant is roasted and crumble down for chewing.

It also can be taken in raw form.

2. Cannabis:

Route of administration: 1. Mixed with milk and sugar in the paste form for drinking.

2. Mixed with nicotine of cigarettes for smoking.

3. Fermented rice: Bhati jaar.

Route of administration: Swallowing.

4. Wine (fermented fruit juice):

Route of administration: Swallowing.

- \* 5. Gas stored in ~~leak~~ <sup>safety</sup> tank: Route of administration → Snorting.

6. Kerosine oil:

Route of administration: Snorting.

7.

1. R.P. Jemang.  
2. B. Radhan.

DIST: —

KALIMPONG

Products related to Drug  
abuse in our locality  
Dargeling Hindi Higher  
Secondary School

R.N. Githu Road, Dargeling

- ① Tobacco products
  - ② Dettol, Fericol etc
  - ③ Gajjar
  - ④ Medicated tablets and  
cough syrup.
  - ⑤ ~~Other~~ Other drug like brown sugar  
etc.
- Major Reason: ~~Lack~~ Lack of  
implementation of Law.

Ratan Gupta  
Dargeling Hindi  
Higher Secondary  
Dargeling  
District

Pintu Mr. Majumdar.  
Asst. Master.

Jenkins School, Coochbehar.

Prosanta Roy  
Asst. Master.

Jenkins School, COB

Some of the drugs that are available in my area are.

(i) Cigaret, bidi, ganja  $\Rightarrow$  These are administered by smoking.

(ii) Raw Tobacco,  $\rightarrow$  This is kept in the mouth.

(iii) Alcohol, cough syrup  $\rightarrow$  These are ~~drunk~~ swallowed.

(iv) Dentate / Nail polish remover / correction pen / Marker etc. are administered by inhalation.



A case study of drug abuse - Its consequence on health domain of the student with its implication on his family & financial domain

A class X student was found addicted on ganja consumption. He was repeatedly punished against the use of the substance & <sup>his</sup> parents attention was also drawn but without any result.

As the student was about to appear the Madhyamik Briksha shortly the school authority permitted to write him the exam on the condition that he will not be admitted in class X if he manage to pass the exam.

After the result the student came to collect the marksheet & requested for the admission in class X as he has passed the exam. When he was reminded the condition of attending him to appear the exam he very politely said that he has left the abuse of the substance because he had to operate her stomach to remove a part of his intestine as it had developed severe ulcer. A long mark of wound in his stomach was telling the truth.

Benoy Banerjee 11/11  
Shroom Boys H.S. School  
Hindi High School  
Dajectory.

Kalimpang District : Ms Roma Hobtan  
Mr. Samuel Pradham  
Mr. Y S Shashing  
Mr. M.N. Sharma.

(social, mental, physical consequences).

#### CASE STUDY-

Daughter Ms X living with her single mother, she was illiterate and was supported family in her daily wages. But Ms X was very bright in her studies and so she got scholarship and got a chance to study in good school with the children of rich people and their values & thinking were different. Ms X was always insulted & humiliated in the class room, socially outcasted her. She was so frustrated & sad then she met one friend Ms Y who was kind to her and gave her pill to release her humiliation.

Slowly but surely she liked it and helped her cure her frustration, without knowing she started became dependent on it.

Then there was a behavioural changes in her like - not interested in dressing up  
not interested in studies.  
Always angry with her mother

for a silly things

Always shouting & showing her  
temper. Always demanding for more money.

But very good to her friend and was willing to do anything for her friend who provided her PILL.

Mother got worried and talked to her friends & neighbour and consulted NGO and a woman citizen - who advised her to consult POLICE - she took this help and put her to rehabilitation centre &



it was with much effort she could recover  
from her addiction.

And she realised she should be strong  
& have strong determination to choose the  
life and always listen to her mother &  
supportive to her mother. And not trust  
friend blindly.

Realised it's easy to go down hill but  
difficult to climb up the hill & be on top.  
and count her blessing for being alive.

(a) Baraibari Narayana High School (H.S.)  
(b) Rajarhat BidyaBharan High School (H.S.)

[illegible][illegible][illegible]



Title: - Legal

Introduction:

Drug abuse is a global problem that affects millions of people every year. It is a complex issue that involves physical, psychological, and social factors. The consequences of drug abuse are far-reaching and can have a devastating impact on the individual and society as a whole. This paper will explore the legal consequences of drug abuse and the role of the law in addressing this problem.

Body:

The legal consequences of drug abuse vary depending on the type of drug, the amount used, and the jurisdiction. In many countries, the possession, distribution, and consumption of illegal drugs are considered criminal offenses. The penalties for these offenses can range from fines and probation to imprisonment. In some cases, the law also imposes civil penalties, such as the forfeiture of property or the suspension of driving licenses. The legal system plays a crucial role in addressing drug abuse by deterring potential offenders, punishing those who have committed offenses, and providing a framework for the rehabilitation of offenders. However, the legal approach to drug abuse has been criticized for being overly punitive and for failing to address the underlying social and economic factors that contribute to drug abuse. Some advocates argue for a more balanced approach that combines legal measures with social and medical interventions. The legal consequences of drug abuse are a complex and evolving issue that requires ongoing research and debate.

1. In the 1st year of the school, the students were given a project on the topic of 'My Motherland'.

2. In the 2nd year, the students were given a project on the topic of 'My Motherland'.

3. In the 3rd year, the students were given a project on the topic of 'My Motherland'.

4. In the 4th year, the students were given a project on the topic of 'My Motherland'.

5. In the 5th year, the students were given a project on the topic of 'My Motherland'.

6. In the 6th year, the students were given a project on the topic of 'My Motherland'.

1. Annamayee Adhikary, H.M. New Town Girls' High School, Cooch Behar.

2. Mr. Surajbali Pandey, H.M. Cooch Behar Shree Hindi High School.

3. Anup Some, H.M. Kalabagan H/H. High School, Cooch Behar.

Drug abused by the students {MTs 1st} 08.11.2019  
 {group activity}

1.

Participants. ALIPURDUAR DISTRICT.

1. Subrata Dutta — Tapasikhat High School (H.S.)
2. Sukumar Ray — Rabi Kanta High School (H.S.)
3. Prantosh Paul — Lalitaram High School (H.S.)

Name of Drug or Psychoactive substance psychoactive	Route of Administration	Effect on Society
1. Gutkha	Swallowing	i. Pollution ii. Direct effect on mouth iii. Aggressiveness
2. Khaini Pan supari	Sublingual	i. Direct effect on mouth ii. Co-ordination Problem.
3. Cannabis and Cigarette	Smoking	i. Co-ordination Problem ii. Aggressiveness
4. Speedrite	Inhale	i. Drowsiness.
5. Alcohol (few)	Drink	i. Pollution ii. Co-ordination.

1. Prantosh Paul -
2. Subrata Dutta
3. Sukumar Ray



8.11.19,

1. Lekhashree Saha → H.M., Mohitnagar Colony T.P. Balika Vidyalaya (Jalpaiguri)
2. Alo Sarkar → H.M., Vivekananda High School (Jalpaiguri)
3. Reeta Roy → H.M., Kadamtala Girls' High School (Jalpaiguri)

<u>Name of Psychoactive Drugs</u>	<u>Root of administration</u>	<u>Effect</u>
1. Gutkha	Chewing and swallowing	Affects general health condition
2. Dendride	Inhaling	→ Drowsiness and memory loss.
3. Ganja	Smoking.	→ Mood swing and abrupt behavioural change
4. Perfume	Excessive using	→ Changes mood
5. Napthaline	Inhaling	→ Changes mood, a pleasing effect comes



dt. 08/11/19

MT's  
1st activity

St. : Siliguri

1. Jnanachandra Bidyasagar High School : Dr. Pratip K. Bara.
2. Madani High School (H.S.) - Dr. Rishikesh Barua.

Substances used :-

- Mode of administration
- ① Erez-ex pen - Randeschief (Soaked in solvent)
  - ② Dendrite tubes - Smelling.
  - ③ N-10 tablets - Oral administration.
  - ④ Gutkha - (with tobacco) - Oral chewing & Swallowing.

Impact :-

- ① Drunkenness - behavioural changes.
- ② Depression
- ③ Hyperactivity observed, becomes ferocious.
- ④ Irritated attitudes, for initial few minutes, then becomes depressed.

## Consequences on Drug Abuse

Sub: - Mental and financial consequences of Drug Abuse

Alik was a student of class V. He was not so <sup>much</sup> brilliant but attentive and regular in school. Now he is a student of class VII. Now he is too much irregular in school. He is suffering from a few problems - like loss of attention, gaining of cruelty, use of slang language, theft. We, the teacher primarily thought that he is suffering from mental disbalance. But when we take up his case it is found that he is addicted to Khaini.

At first he took khaini from his father's pocket as an experiment. Gradually it turned to his habit because he was getting excited with khaini. Now he has to send a rehabilitation centre. It needs ~~too~~ needs too much financial support from his family.

\* Awareness programme should regularly be done.

1. Subrata Dutta	Tapsikhata High School (H.S.)
2. Sukumar Ray	Rabikanta High School (H.S.)
3. Prantosh Paul	Lalturam High School (H.S.)

APD - 1 Block  
Akipurdwar District.



Dt - 08/11/19  
(MTS' 2nd group  
activity)

Dr. Pratip Bera, Tswarchanda Vidya Sagar High School.  
Rishikesh Varanasi - Madati High School (H.S.)  
DT: — SILIGURI

one day,  
previous year, at the end of school hour, 2 teachers  
suddenly found that their motor cycle's battery covers  
are broken. <sup>and the batteries are stolen.</sup> On checking CCTV, it was found that  
Bepi, an ~~ex-student~~ <sup>last year's pass out</sup> did it. Bepi's sister, a  
running student of class nine. On asking the guard  
it was known Bepi came with one friend of him  
and told the guard that he will meet his sister at  
Jiffin.

We all teachers went to Bepi's house, his  
father a Govt. servant, his mother & sister all were  
there except Bepi. After hearing all of the events  
they were ashamed and his father told that Bepi  
has become a drug addict, he ~~becomes~~ <sup>argues</sup> in heels  
Dendrite fringes also. and was very much furious  
told us to inform it to police. He told that Bepi was  
in police custody for few days for the same  
reason few weeks ago.

On requesting Bepi over mobile to come back  
home, he came and was seen to be quite  
unstable & furious, & first denied the charge.  
By showing the CCTV footage, his father  
charged him, he confessed that he has stolen  
the batteries & sold the for Rs 300/- only. He  
spent the money to purchase a strip of  
N-Ten tablets as well as dendrite.

One hearing this, the teachers were really  
surprised & we all advised his parents to sent  
him to a rehab. He did it. He stayed for an year.  
as a <sup>now</sup> ~~maxim~~ <sup>work</sup> Bepi is leading his normal life  
nearby.

1. H.M. (Recta Roy), Radamtala Girls High School.
  2. H.M. (LeKhashree Saha) MNCTP Balika Vidyalaya
  3. H.M. (Alo Sanhori), Vivekananda High School.
- Date-8.11.19  
Jalpaiguri District

### Case study for one case (A student of class IX)

We <sup>the all H.M.</sup> everyday faced the most problem of taking Alcohol / Gutka, Tulshi or such types of Drugs. Which are usually / often used by ~~the~~ some of the students in our institution. In many <sup>the</sup> cases the guardian looks like pale regarding that matter. The abuses of drugs ~~also~~ are very often take by the said student at the time of function / gathering time specially.

In one case we observed in our school (Girls school) that one student ~~to~~ carried Alcohol in her ~~to~~ thump up bottle, which seem to be water bottle, then ~~to~~ she made some arrangement of 4 students <sup>to</sup> be her partner in that very event.

The said incident came to us by <sup>secret</sup> the information of the student of class IX, ~~to~~ I & our Teachers became alert and identified the same and ~~awared~~ the students ~~as~~ about the matter and call the guardian of the said very student. It is referred that the father of the said student ~~was~~ <sup>is</sup> a literate person and familiar also. He confessed <sup>to</sup> us and after a brief discussion, among the students and guardians, teachers, we came across the said painful incident.

- Learnings. —
- 1) We ~~must~~ <sup>must make</sup> ~~should~~ <sup>awareness</sup> ~~more~~ <sup>program</sup> & more <sup>for</sup> out students
  - 2) The students should be aware from Their Home & Society also.



- 3) Social upliftment regarding the abuses of Drugs also.
- 4) State & Central govt <sup>must</sup> ~~may~~ take more and more active steps to prevent the diseases from our society.
- 5) Alcohol/Drug/gutka etc selling should be restricted also from our administrative point of view.
- 6) Municipality and Panchayat dignitaries may arrange such types of awareness in the rural & urban area time to time.

Baneswar Girls' High School.

Baneswar, Cooch Behar

psychoactive substances.

1. Alcohol.
2. Tobacco, cigarette, ~~gut~~, gutkha.
3. charas, ~~ganj~~ ganja.
4. Coffee.

Routes of administration.

1. alcohol → ~~swallowing~~ swallowing
2. Tobacco, gutkha → chewing
3. charas, ganja → smoking

Consequences:

Social

1. Detachment from family & friends
2. Aggressive
3. Breaking the social rules.

Physical

1. Become fatigued.
2. Drowsiness
3. Affect in nervous system.

Mental

1. Depression
2. Concentration break
3. Short-tempered.
4. Memory loss.
5. ~~stude~~ became self-centred.

Occupational

1. Loss of capacity of working
2. Irregularity in job/education.

Legal

1. Accidental arrest

Name of Teachers

1. Moumita Karmakar
2. Sunita Mohanta
3. Moumita Das
4. Mousumi Dutta
5. Jaya Roy

## DARJEELING GOVT. HIGH SCHOOL

### • PSYCHOACTIVE SUBS/ DRUGS

### ROOTES OF ADMINISTRATION

### CONSEQUENCES

- |  |                       |  |
|--|-----------------------|--|
| 1. ADHESIVE/INK CORRECTOR.<br>(DENDRITE) / SHOE POLISH | INHALE                | HALLUCINATION,<br>DELUSION,<br>SLURRED SPEECH,<br>LOSS OF PSYCHO-MOTOR<br>SENSE, INCOHERENCE |
| 2. CANNABIS (Ganja)                                    | INHALE                | HALLUCINATION,<br>EUPHORIA, PARANOIA,<br>ANXIETY, MOOD-SWINGS,<br>INCOHERENCE                |
| 3. ALCOHOL   | INGESTION<br>DRINKING | DEPRESSION, EXCITEMENT,<br>VIOLENCE,<br>OVER-CONFIDENCE -<br>ANXIETY                         |

### PARTICIPANTS:

Dipesh ~~Rasaily~~ Shankar.  
Philip Rai  
Samuel Reka  
Ashesh Reka

1. Psychoactive substances / drugs from our locality :-

- i) Tobacco
- ii) Cannabis (ganja)
- iii) Dendrite
- iv) Alcohol

2. Routes of administration :-

- i) chewing / smoking
- ii) Smoking
- iii) ~~the~~ snorting / inhale
- iv) drinking

3. Three consequences :-

- i) Tobacco → short term
- i) excitement
  - ii)

- Long term
- i) cancer
  - ii) gradual depression
  - iii) lung problem
  - iv) weakness



ii) cannabis →	<u>short term</u> i) hallucination ii) anti-social activity	<u>long term</u> i) lung problem ii) T. B iii) affects nervous system.
iii) dandruff →	i) excitement ii) drowsiness	i) depression ii) lung problem iii) psychiatric problems.
iv) Alcohol →	i) excitement ii) family problem	i) liver problem ii) cancer. iii) heart problems iv)

1. Brojendra Nath Sarkar
2. Tapas Bhattacharya
3. Md. Tulekhan
4. Utpal Rakshit

RPS' Group activity Dt - 09/11/19  
Mohitnagar Colony Tarapur Road Balika Vidyalaya (H.S.)

District - Jalpaiguri

Name of the participant Teachers:

- 1) Tanima Roy.
- 2) Shyama De.
- 3) Gita Sarkar.
- 4) Renuka Barai.
- 5) Ruchita Saha.

Drugs/Psychoactive Substances	Routes of Administration	Consequences
(i) Betel Leaf	By chewing	Concentration break in study.
(ii) Cigarette	By smoking	Concentration break, Uneasiness.
(iii) Tobacco	By chewing	Concentration break, Uneasiness.
* (iv) Nail <sup>polish</sup> removers		"
* (v) Kerosene		"
* (vi) Naphthalene		"
* (vii) Petrol		"

Debnagar Satish Kahiri High School  
 Debnagar, Jalpaiguri,  
 Dist - Jalpaiguri contact → 8670677351 (H.M.)

Participants → (1) Sashadhar Barman  
 (2) Kalyan Paul  
 (3) Surajit Ghosh  
 (4) Anil K. Saha.  
 (5) Sujon Barman.

Topic: 1. Identification of 3 drugs:  
 2. Routes of administration:  
 3. Atleast atleast 3 consequences:

Name of drugs/ Psychoactive substances	Routes of administration	Consequences
1. Fermented Nuts (Betel)	Orally taken with pan.	Body temperature rises quickly and stimulates nervous system quickly. May cause heartbeat or oral cancer.
2. Alcohol	Taken orally.	Over drinking can cause liver problem, pancreas cancer, kidney failure.
3. Gutika	Taken orally.	can cause pancrea. & cancer, oral cancer, throat cancer.



1. সমান্তরাল বি. (ক. হাফেল্ড) (ই. ম.)  
 2. সমান্তরাল  
 3. সমান্তরাল  
 4. সমান্তরাল

১. সমান্তরাল
২. সমান্তরাল
৩. সমান্তরাল
৪. সমান্তরাল
৫. সমান্তরাল

- i) DRAG/phycoactive Sub:
- ১। ইন্ডিয়ান (ম.) : মহা :
  - ২। ইন্ডিয়ান - বিজ্ঞান - সমান্তরাল
  - ৩। ডেন্ড্রোফিট
  - ৪। ইন্ডিয়ান - মূলত

ii) Roots of Administration:

- ১। মহা
- ২। ইন্ডিয়ান
- ৩। মহা
- ৪। ইন্ডিয়ান

iii) Consequence:

- ১। মহা
- ২। মহা
- ৩। মহা
- ৪। মহা



9/11/19.

MATIGARA HARASUNDAR H.S. SCHOOL.

MATIGARA/SILIGURI.

NAME OF H.M : KAMALENDU ACHARYA.

- THE TEACHERS :-
1. PABITRA K. BARMAN.
  2. BIPLAB DAS.
  3. DEBABRATA KARMAKAR.
  4. ZIARUL RAHAMAN.
  5. NIVEDITA DAS SARKAR.

DRUGS/ PSYCHOACTIVE SUBSTANCES.	Routes of administration.	Consequences.
1. Dendrite/Febikwik.	inhaling	lungs, Sweating,
2. Whitenar.	inhaling	drowsiness,
		dizziness. Cancer
3. Desi liquor (Harigaan).	<del>swallowing</del> Swallowing	Liver malfunctioning.
		High B.P.
		T.B. (Liver Sinosis).

## MATERIALS AND SAMPLE WORKSHEETS

### ONE DAY AWARENESS PROGRAMME FOR STUDENTS ON DRUG ABUSE PREVENTION / DRUG DEMAND REDUCTION

#### STUDENTS' ACTIVITY MODULE

##### ACTIVITY 1: Abuse- what, why and how?

**PURPOSE:** The students will be able to

- (1) Identify abuse as a harmful habit;
- (2) Identify the harmful consequences of abuse, and
- (3) Identify the probable reasons for involvement in abuse.

**TIME:** 45 Minutes

##### **MATERIAL NEEDED:**

- (1) Flash cards on few beneficial and some harmful habits, the latter including many abusive habits;
- (2) Flash cards on harmful consequences of abuse, and
- (3) Flash cards on probable reasons for involvement in abuse.

##### **DELIVERY:**

	Teacher's Role	Students' Role
	<b>Part A: beneficial and harmful habits</b>	
1.	The teacher organises the students into groups.	Each group elects a leader, who leads group discussions, speaks out for the group and takes and returns exercise material.
2.	The teacher distributes flash cards with examples of beneficial and harmful habits one to each group.	Each group receives its card and reads among themselves.
3.	Then the teacher asks each group to identify the habit as beneficial or harmful, and to provide reason.	Each group identifies the habit as beneficial or harmful, and provides reason.
4.	The teacher then asks all groups by turn to identify the abusive habits from among all harmful habits.	The groups identify the abusive habits.

	Teacher's Role	Students' Role
	<b>Part B: harmful consequences of abuse</b>	
1.	The teacher spreads flash cards with consequences of abuse on the table, and asks each group to come and identify the consequences relevant to their abusive habit.	The groups come with their cards of abuse, discuss among the members and identify the consequences relevant to their abusive habit.
	<b>Part C: reasons for involvement in abuse</b>	
1.	The teacher spreads flash cards with probable reasons for involvement in abuse, and asks each group to come, pick up a card and discuss among themselves the probable situation for that type of involvement.	Each group comes, picks up a card and discusses among themselves the probable situation for that type of involvement.
2.	The teacher asks each group to explain the reason and situation for involvement in abusive habit.	Each group explains the reason and situation for involvement in abusive habit.

(1) Flash cards on beneficial and harmful habits;

খুব ভোরে জেগে ওঠা	নখ পালিশের গন্ধ শোঁকা	নিয়ম করে না খাওয়া	খাবার আগে সাবানে হাত ধোয়া	গুড়াখু দিয়ে দাঁত মাজা
মদ্যপান করা	নিয়ম করে নখ না কাটা	সকালে আর রাতে দাঁত মাজা	খৈনি খাওয়া	বিড়ি খাওয়া

(2) Flash cards on harmful consequences of abuse, and

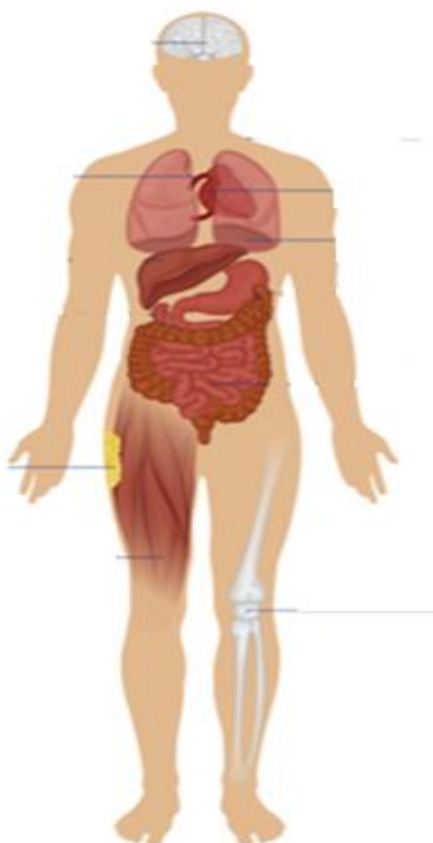
খিদে না হওয়া	ওজন কমে যাওয়া	কাশি, গলায় ব্যথা	মুখে, জিভে বা মাড়িতে ঘা	ফুসফুসের ক্যানসার
লিভারের পচন (সিরোসিস)	ঝিমুনি, চেতনা লোপ	উচ্চ রক্তচাপ	মানসিক বিকার	চুরি ইত্যাদি অসামাজিক
ভুলে যাওয়া	দুর্বলতা	হার্ট অ্যাটাক	অমনোযোগ	পারিবারিক হিংসা

খিটখিটে ভাব	ধৈর্যের অভাব	অস্থিরতা	পারিবারিক ও সামাজিক সম্পর্কের অভাব
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(3) Flash cards on probable reasons for involvement in abuse.

অর্থাভাব	থারাপ রেজাল্ট	আত্মীয়-বন্ধু না থাকা	মানসিক আঘাত	আত্মবিশ্বাসের অভাব
কঠোর পরিশ্রম	পারিবারিক/ সামাজিক রীতি	বন্ধুদের চাপ	অসুস্থতা	ঝুঁকিপূর্ণ আচরণ

(4) Human figure for pointing





## ACTIVITY 2: My future- which way?

**PURPOSE:** The students will be able to

- (1) Identify the potential and qualities for success in life, and
- (2) Understand the negative impact of abuse on the potential and qualities.

**TIME:** 45 Minutes

### **MATERIAL NEEDED:**

- (1) Worksheet for the students on the potential and qualities for success in life, and
- (2) Flash cards on the negative influence of abuse on the potential and qualities of life.
- (3) A card board drawing of a full human body.

### **DELIVERY:**

	Teacher's Role	Students' Role
	<b>Part A:</b> the potential and qualities for success in life	
1.	The teacher organises the students into groups.	Each group elects a leader, who leads group discussions, speaks out for the group and takes and returns exercise material.
2.	The teacher distributes worksheets one to each group. Then he/she asks each group to discuss the topic on what one would like to become in life, and explore the qualities they already possess or need to acquire to this end.	Each group receives its worksheet and reads among themselves. Then they discuss the topic on what one would like to become in life, and explore the qualities they already possess or need to acquire to this end.
3.	Then the teacher asks each group to express their view of potential and qualities of life.	Each group discusses its view of potential and qualities of life.
	<b>Part B (i):</b> the negative impact of abuse on the potential and qualities- general discussion	
1.	The teacher asks each group to recapitulate the effects of substance misuse.	Each group recapitulates the effects of substance misuse.
2.	The teacher then spreads flash cards with consequences of abuse on the table, and asks each group to come and identify	Each group identify negative influences of abuse on their potential and qualities.

	Teacher's Role	Students' Role
	negative influences of abuse on their potential and qualities.	
3.	The teacher thereafter asks each group to point out in the human figure, as far as possible to locate the potential damages caused by abuse to the human body.	Each group accordingly points out the damages caused by abuse to the human body in the figure.
4.	The teacher then asks each group to discuss the possibility of achieving their goal being influenced by abuse, and the mode of influence on their potential and qualities.	Each group discusses whether the possibility of achieving their goal is increased or decreased under the influence of substance abuse, and in what way by influencing their potential and qualities.
	<b>Part B (ii) : the negative impact of abuse on the potential and qualities- practical consideration</b>	
5.	The teacher asks each group for the price of a regular serving of any substance known in the family- a cigarette, biri or any other (the teacher may help).	Each group names a price.
6.	The teacher then asks each group about the number of serving in a day; calculate the expenditure over a month, a year or more.	Each group calculates the expenditure.
7.	The teacher then asks each group to justify the burden of expenditure on the family due to abuse, and its alternative expenditure in developing their career.	Each group identifies the burden with reason and finds an alternative expenditure in developing their career.

(1) Worksheet for the students on the potential and qualities for success in life, and

See below

(2) Flash cards on the negative influence of abuse on the potential and qualities of life.

As in the previous activity

## Worksheet: My Future

কর্মপত্র: আমার ভবিষ্যৎ, আমার স্বপ্ন

দলের নাম:

তুমি বড়ো হয়ে কী হতে চাও? .....

(শিক্ষক, উকিল, হাকিম, ডাক্তার, সরকারী চাকুরে, ব্যবসায়ী, কৃষক, ফুল বাগানী, মাছ চাষী, অভিনেতা, গায়ক, যান চালক, দোকানী, রাজমিস্ত্রী, কম্পিউটার অপারেটর, পশুখামারী, ইলেকট্রিক মিস্ত্রী, সাইকেল সারাই, পাচক, দর্জি, কাঠমিস্ত্রী, ফিটার বা আরও অন্য কিছু)

কোন কাজটা তুমি ভালো পারো, বা তোমার ভালো লাগে?

(১).....

(২).....

(৩).....

(৪).....

(খেলা, বই পড়া, ছবি আঁকা, গান গাওয়া, অঙ্ক করা, পশুপাখি পোষা, মাছ পোষা, মাছ ধরা, গাছ লাগানো, ফুল বা ফলের বাগান করা, খেতের কাজ, কম্পিউটারের কাজ, যন্ত্রপাতি খোলা/মেরামতির কাজ, যাত্রা/নাটক শোনা/করা, ঘর সাজানো, গল্প করা, আড্ডা দেওয়া, হিসেব রাখা, জিনিসপত্র গুছিয়ে রাখা, রান্না করা, ফটো তোলা, গাড়ি চালানো, বেড়িয়ে বেড়ানো, আরও অন্যান্য... )

তুমি বড়ো হয়ে যা হতে চাও, তা হতে গেলে তোমার কোন কোন গুণ থাকা দরকার, বা তোমার ইতিমধ্যেই রয়েছে বলে তুমি মনে করো?

(১).....

(২).....

(৩).....

(৪).....

(হিসেব করতে পারা, ধৈর্য ধরে কাজ করা, গুছিয়ে বলতে বা লিখতে পারা, ভালো আঁকতে পারা, যন্ত্রপাতি সারাই বা মেরামতি করতে পারা, পরিশ্রম করতে পারা,

দরকারমত পড়াশুনো করা, মনে রাখতে পারা, সকলের সঙ্গে ভালো সম্পর্ক রাখা, সকলের সঙ্গে সুন্দর ভাষায় কথা বলতে পারা, নিজের কথা বুঝিয়ে বলতে পারা, কম্পিউটারে কাজ করতে পারা, এছাড়া আরও যা মনে হয়... )

এবার তাহলে বলো তো, তোমার কোন কোন গুণগুলি কু-অভ্যাস বা অপব্যবহারের কারণে নষ্ট হয়ে যেতে পারে?

(১).....

(২).....

(৩).....

(৪).....

ভেবে দেখো, তাহলে তোমার স্বপ্ন সফল হবে কি?

### ACTIVITY 3: Struggle and strife- no to abuse and reach out to life

**PURPOSE:** The students will be able to identify and choose the ways to say no to resist or eliminate abuse.

**TIME:** 45 Minutes

#### MATERIAL NEEDED:

- (1) Flash Cards with different interactive responses (presented below);
- (2) Flash Cards with case studies (presented below).

#### DELIVERY:

	Teacher's Role	Students' Role
	<b>Part 1: Say no firmly!</b>	
1.	The teacher organises the students into groups.	Each group elects a leader, who leads group discussions, speaks out for the group and takes and returns exercise material.
2.	The teacher distributes flash cards with interactive responses one to each group.	Each group receives its card and reads among themselves.
3.	Then the teacher asks each group to dramatise the provided interactions aloud, and to note apparent effect of all such interactions.	Each group dramatises the interactions provided to it. All groups listen to every other interaction and note down the apparent effect of each.



	Teacher's Role	Students' Role
4.	The teacher then asks all groups by turn to identify the response thought to be the most effective.	Each group identifies the best effective interaction.
5.	The teacher asks each group to turn over and read the type of interaction.	Each group turns over the card and reads aloud the type of interaction.
<b>Part 2: Look where you are going!</b>		
1.	The teacher distributes flash cards with case studies one to each group, and asks them to read the case study.	Each group receives its card and reads among themselves.
2.	The teacher then asks each group to identify the influence for substance misuse.	Each group identifies the influence to substance abuse.
3.	The teacher then asks each group to recapitulate the effects of substance misuse.	Each group recapitulates the effects of substance misuse.
4.	The teacher then asks each group for choices of response.	Each group offers choices of response.
5.	The teacher then asks each group about their appropriate response and the mode of response.	Each group expresses an appropriate response in a befitting manner.
6.	The teacher then asks each group to enact the response in two or three sentences.	Each group presents a short act of the response.
7.	The teacher asks the students to sum up the influences.	The students sum up the influences.
8.	The teacher asks the students to justify the response to each influence in the light of correct information.	The students justify the response to each influence.
9.	The teacher asks the students about the role the parents, family, friends and community could play.	The students discuss.

Flash Cards with interactive responses (for Part 1):

Front side	Back side
প্রথম বন্ধু: কেমন লালটুস ছেলে রে ভাই তুই, একদিনও বিড়িতে একটা টান দিলি না? আয়, আজ একটা টেনে দেখ।	নিমরাজি হওয়া

দ্বিতীয় বন্ধু: আজ থাক ভাই, আরেক দিন বরং...	
<p>প্রথম বন্ধু: কেমন লালটুস ছেলে রে ভাই তুই, একদিনও বিড়িতে একটা টান দিলি না? আয়, আজ একটা টেনে দেখ।</p> <p>দ্বিতীয় বন্ধু: না রে ভাই, আমার একটু কাজ আছে। চলি।</p>	এড়িয়ে চলা
<p>প্রথম বন্ধু: কেমন লালটুস ছেলে রে ভাই তুই, একদিনও বিড়িতে একটা টান দিলি না? আয়, আজ একটা টেনে দেখ।</p> <p>দ্বিতীয় বন্ধু: বিড়ি থাক ভাই, বরং চল সিনেমা দেখি।</p>	বিকল্প ভাবনা
<p>প্রথম বন্ধু: কেমন লালটুস ছেলে রে ভাই তুই, একদিনও বিড়িতে একটা টান দিলি না? আয়, আজ একটা টেনে দেখ।</p> <p>দ্বিতীয় বন্ধু: না ভাই, আমার ভালো লাগে না।</p>	অপছন্দ জানিয়ে সরাসরি ‘না’ বলা
<p>প্রথম বন্ধু: কেমন লালটুস ছেলে রে ভাই তুই, একদিনও বিড়িতে একটা টান দিলি না? আয়, আজ একটা টেনে দেখ।</p> <p>দ্বিতীয় বন্ধু: না ভাই, আমায় বলিস না। আমি কিছুতেই খাবো না।</p>	দৃঢ়ভাবে ‘না’ বলা
<p>প্রথম বন্ধু: কেমন লালটুস ছেলে রে ভাই তুই, একদিনও বিড়িতে একটা টান দিলি না? আয়, আজ একটা টেনে দেখ।</p> <p>দ্বিতীয় বন্ধু: ফাজলামি হচ্ছে? আর একবার বললে টেনে খাবড়া দেবো।</p>	দুর্ব্যবহার করে ‘না’ বলা

### Flash Cards with case studies (for Part 2):

<p>ঘটনা ১: বিয়েবাড়ির হ্যাপা</p> <p>আজ প্রীতির দিদির বিয়ে। প্রীতির বেস্ট ফ্রেন্ড, বান্টি, রনি আর মীনা সবাই মিলে দারুণ মজা করেছে। এরই মধ্যে বান্টি আর রনি একটু আড়ালে গিয়ে দু-এক টোঁক মদ খাবে বলে ব্যবস্থা করেছে। ওরা মীনাকেও মদ খাবার জন্য জোর</p>
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করতে লাগলো। মীনা বই পড়ে জেনেছে মদ খাওয়া ভালো না। মীনা দোটানায় পড়েছে- কী করবে?

নিজেরা আলোচনা করে দেখো তো-

(ক) মীনা এখন কী করবে?

(খ) মীনার জায়গায় তুমি থাকলে কী করতে?

(গ) অল্প কথায় অভিনয় করে দেখাও কীভাবে মীনার পক্ষে 'না' বলা সম্ভব।

ঘটনা ২: দিদার হাঁকো

চন্দনা রোজ দেখে দিদা হাঁকো টানে। দিদাকে চন্দনা ভারি ভালোবাসে আর যত্ন করে। চন্দনারও ইচ্ছে করে হাঁকো টেনে দেখতে- কেমন লাগে। কিন্তু ক্লাসে দিদিমণি বলেছেন, তামাক খাওয়া ভালো না। চন্দনা এখন কী করে?

নিজেরা আলোচনা করে দেখো তো-

(ক) চন্দনা এখন কী করবে?

(খ) চন্দনার জায়গায় তুমি থাকলে কী করতে?

(গ) অল্প কথায় দিদা আর চন্দনার মধ্যে কথাবার্তা অভিনয় করে দেখাও কীভাবে মীনার পক্ষে 'না' বলা সম্ভব।

ঘটনা ৩: মগজে ধোঁয়া

রফিক স্কুলে ভালো রেজাল্ট করে। তার ওপরে তার বাবা-মা আর টিচারদের খুব আশা। রফিক খুব চাপে রয়েছে। বন্ধুদের কাছে শুনেছে সিগারেট খেলে নাকি চাপ কমে, মাথাও খোলে। সেই করতে গিয়ে আজ রফিক দিনে পাঁচ-ছটা করে সিগারেট খাচ্ছে। এবার সে কী করে?

নিজেরা আলোচনা করে দেখো তো-

(ক) রফিক এখন কী করবে?

(খ) রফিকের জায়গায় তুমি থাকলে কী করতে?

(গ) অল্প কথায় রফিক আর তার বাবার মধ্যে কথাবার্তা অভিনয় করে দেখাও কীভাবে বাবা রফিককে সাহায্য করতে পারেন।

ঘটনা ৪: কুল বেবি

প্রকাশ সাদামাটা ছেলে। ওর বন্ধুরা অনেকে দারুণ স্মার্ট চেহারা করে ঘোরে, অনেক প্রশংসা পায়। প্রকাশেরও ইচ্ছে করে ওদের মতো হতে। সেও ওদের মতো সিগারেট খেতে শুরু করে, এই ভেবে যে সিগারেট খেলে স্মার্ট লাগে। কিন্তু সিগারেটের দাম যোগাতে এখন ওকে বাবার ব্যাগ থেকে টাকা চুরি করতে হয়। প্রকাশ ভীষণ মানসিক চাপে রয়েছে।

নিজেরা আলোচনা করে দেখো তো-

(ক) প্রকাশ এখন কী করবে?

(খ) প্রকাশের জায়গায় তুমি থাকলে কী করতে?

(গ) অল্প কথায় প্রকাশ আর তার বাবার মধ্যে কথাবার্তা অভিনয় করে দেখাও কীভাবে বাবা প্রকাশকে সাহায্য করতে পারেন।

ঘটনা ৫: দেখি না কেমন লাগে

স্নেহা দারুণ আলাপী আর ছটফটে মেয়ে- সবাই ওকে ভালোবাসে। ওঁর ক্লাসের বন্ধুরা অনেকেই লুকিয়ে সিগারেট টানে। ওরও খুব ইচ্ছে একদিন খেয়ে দেখে- কেমন লাগে। শেষে একদিন বন্ধুদের সঙ্গে প্রথম চেখে দেখলও। এখন স্নেহা দিনে তিন-চারটির কমে সিগারেট না খেয়ে থাকতে পারে না- ইচ্ছে থাকলেও ছাড়তে পারছে না।

(ক) স্নেহা এখন কী করবে?

(খ) স্নেহার জায়গায় তুমি থাকলে কী করতে?

(গ) অল্প কথায় স্নেহা আর তার একজন শুভানুধ্যায়ী বন্ধুর মধ্যে কথাবার্তা অভিনয় করে দেখাও কীভাবে সে স্নেহাকে সাহায্য করতে পারে।

ঘটনা ৬ বাবা-মা বাড়ি না থাকলে

রাহুলের বাবা আর মা দুজনেই অফিসের কাজে দু দিনের জন্য বাইরে গেছেন; বাড়িতে রাহুল একা। সে প্রাণের বন্ধু রাকেশকে ডেকে রাতের বেলা পার্টির কথা বললো, এবং জানালো, যে সে রাতে আরো দু-চারজন বন্ধুকে ডেকেছে, খাবার তো থাকবেই, বিয়ারও থাকবে। রাকেশ যেন অবশ্যই আসে। রাকেশের আসার ইচ্ছে নেই।

(১) রাকেশ কী করবে?

(২) রাকেশের জায়গায় তুমি থাকলে কী করতে?

(৩) অল্প কথায় রাহুল আর রাকেশের মধ্যে কথাবার্তা অভিনয় করে দেখাও, কীভাবে রাকেশ তার প্রিয় বন্ধুকে কী ভাবে না বলবে?



## FLASH CARDS (BENGALI)

ঘটনা ১: বিয়েবাড়ির হ্যাপা

আজ প্রীতির দিদির বিয়ে। প্রীতির বেস্ট ফ্রেন্ড, বান্টি, রনি আর মীনা সবাই মিলে দারুণ মজা করছে। এরই মধ্যে বান্টি আর রনি একটু আড়ালে গিয়ে দু-এক টোঁক মদ খাবে বলে ব্যবস্থা করেছে। ওরা মীনাকেও মদ খাবার জন্য জোর করতে লাগলো। মীনা বই পড়ে জেনেছে মদ খাওয়া ভালো না। মীনা দোটানায় পড়েছে- কী করবে?

নিজেরা আলোচনা করে দেখা তো-

(ক) মীনা এখন কী করবে?

(খ) মীনার জায়গায় তুমি থাকলে কী করত?

(গ) অল্প কথায় অভিনয় করে দেখাও কীভাবে মীনার পক্ষে 'না' বলা সম্ভব।



ঘটনা ২: দিদার হুকো

চন্দনা রোজ দেখে দিদা হুকো টানে। দিদাকে চন্দনা ভারি ভালোবাসে আর যত্ন করে। চন্দনারও ইচ্ছে করে হুকো টেনে দেখতে- কেমন লাগে। কিন্তু ক্লাসে দিদিমণি বলেছেন, তামাক খাওয়া ভালো না। চন্দনা এখন কী করে?

নিজেরা আলোচনা করে দেখা তো-

(ক) চন্দনা এখন কী করবে?

(খ) চন্দনার জায়গায় তুমি থাকলে কী করত?

(গ) অল্প কথায় দিদা আর চন্দনার মধ্যে কথাবাতা অভিনয় করে দেখাও কীভাবে মীনার পক্ষে 'না' বলা সম্ভব।



ঘটনা ৩: মগজে ধোঁয়া

রফিক স্কুলে ভালো রেজাল্ট করে। তার ওপরে তার বাবা-মা আর টিচারদের খুব আশা। রফিক খুব চাপে রয়েছে। বন্ধুদের কাছে শুনেছে সিগারেট খেলে নাকি চাপ কমে, মাথাও খোলে। সেই করতে গিয়ে আজ রফিক দিনে পাঁচ-ছটা করে সিগারেট খাচ্ছে। এবার সে কী করে?

নিজেরা আলোচনা করে দেখা তো-

- (ক) রফিক এখন কী করবে?
- (খ) রফিকের জায়গায় তুমি থাকলে কী করত?
- (গ) অল্প কথায় রফিক আর তার বাবার মধ্যে কথাবাতা অভিনয় করে দেখাও কীভাবে বাবা রফিককে সাহায্য করতে পারেন।



#### ঘটনা ৪: কুল বেবি

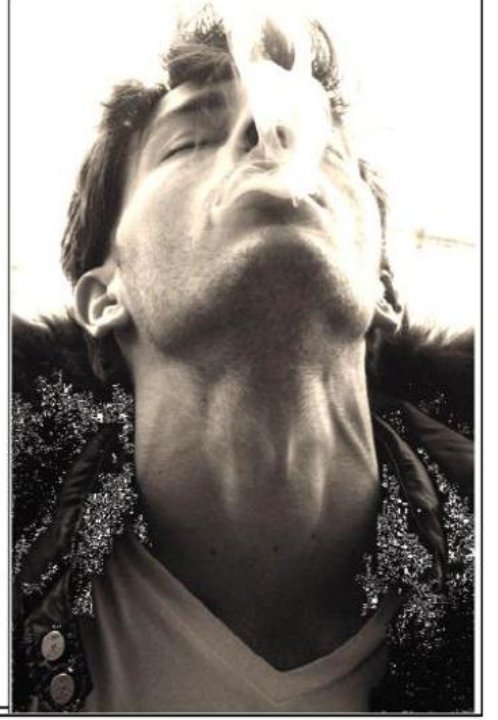
প্রকাশ সাদামাটা ছেলে। ওর বন্ধুরা অনেকে দারুণ স্মাট চেহারা করে ঘোরে, অনেক প্রশংসা পায়। প্রকাশেরও ইচ্ছে করে ওদের মতো হতে। সেও ওদের মতো সিগারেট খেতে শুরু করে, এই ভেবে যে সিগারেট খেলে স্মাট লাগে। কিন্তু সিগারেটের দাম যোগাতে এখন ওকে বাবার ব্যাগ থেকে টাকা চুরি করতে হয়। প্রকাশ ভীষণ মানসিক চাপে রয়েছে।

নিজেরা আলোচনা করে দেখা তো-

(ক) প্রকাশ এখন কী করবে?

(খ) প্রকাশের জায়গায় তুমি থাকলে কী করত?

(গ) অল্প কথায় প্রকাশ আর তার বাবার মধ্যে কথাবাতা অভিনয় করে দেখাও কীভাবে বাবা প্রকাশকে সাহায্য করতে পারেন।



#### ঘটনা ৫: দেখি না কেমন লাগে

স্নেহা দারুণ আলাপী আর ছটফটে মেয়ে- সবাই ওকে ভালোবাসে। ওঁর ক্লাসের বন্ধুরা অনেকেই লুকিয়ে সিগারেট টানে। ওরও খুব ইচ্ছে একদিন খেয়ে দেখে- কেমন লাগে। শেষে একদিন বন্ধুদের সঙ্গে প্রথম চেষ্টা দেখলও। এখন স্নেহা দিনে তিন-চারটের কমে সিগারেট না খেয়ে থাকতে পারে না- ইচ্ছে থাকলেও ছাড়তে পারছে না।

(ক) স্নেহা এখন কী করবে?

(খ) স্নেহার জায়গায় তুমি থাকলে কী করত?

(গ) অল্প কথায় স্নেহা আর তার একজন শুভানুধ্যায়ী বন্ধুর মধ্যে কথাবাতা অভিনয় করে দেখাও কীভাবে সে স্নেহাকে সাহায্য করতে পারে।





ঘটনা ৬ বাবা-মা বাড়ি না থাকলে  
রাহুলের বাবা আর মা দুজনেই অফিসের  
কাজে দু দিনের জন্য বাইরে গেছেন; বাড়িতে  
রাহুল একা। সে প্রাণের বন্ধু রাকেশকে ডেকে  
রাতের বেলা পার্টির কথা বললো, এবং  
জানালো, যে সে রাতে আরো দু-চারজন  
বন্ধুকে ডেকেছে, খাবার তো থাকবেই,  
বিয়ারও থাকবে। রাকেশ যেন অবশ্যই  
আসে। রাকেশের আসার ইচ্ছে নেই।

(১) রাকেশ কী করবে?

(২) রাকেশের জায়গায় তুমি থাকলে কী  
করতে?

(৩) অল্প কথায় রাহুল আর রাকেশের মধ্যে  
কথাবাতা অভিনয় করে দেখাও, কীভাবে  
রাকেশ তার প্রিয় বন্ধুকে কী ভাবে না বলবে?



### FLASH CARDS (ENGLISH)

#### Case 1: Calamity in a wedding party

It is the wedding day of Preeti's sister. Bunty, Rony, Meena – all Preeti's best friends are having exquisite fun. But then Bunty and Rony found a nook and arrange for a peg or two. They are now pressing Meena to have a drink too. Meena knows drinking is not good for health, she is in a dilemma.

- What would Meena do now?
- What would you do in her place?
- Play a short role to show Meena could say no.





### Case 2: Granny's hookah

Chandana sees her granny everyday puffing at a hookah. She also would like to taste. But she remembers how the teacher said smoking is not good for health. What would Chandana do?

Discuss among yourselves:

- a) What would Chandana do?
- b) What would you do in her place?

Play a short role between Meena and her Granny to show how she could say no.



### Case 3: Sending up reasons in smoke

Rafik has been doing well in the class. The parents and teachers have a huge expectation from him. Rafik is weighing down under pressure. Friends told him smoking improves brain power and reduces anxiety. Rafik now smokes 5 – 6 cigarettes a day. What to do?

Discuss among yourselves:

- a) What would Rafik do?
- b) What would you do in his place?
- c) Play a short role between Rafik and his father on how Rafik's father could help him.



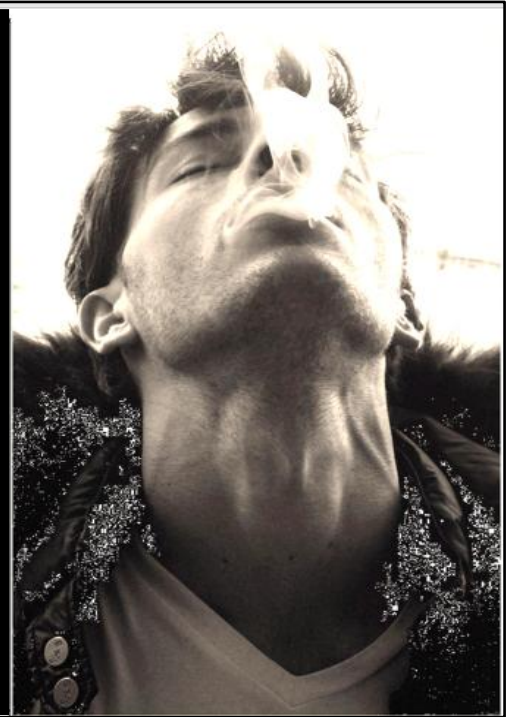
#### Case 4: Cool Baby

Prakash is a quite ordinary boy. Some of his friends dress and look smart, and get praised. Prakash would like to be like them, and begins smoking, hoping to look smart as them. But now he steals money from his parents and pay for the cigarette. He is under severe pressure.

Discuss among yourselves:

- a) What would Prakash do?
- b) What would you do in his place?

Play a short role between Prakash and his dad to show how dad could help Prakash.



#### Case 3: Sending up reasons in smoke

Rafik has been doing well in the class. The parents and teachers have a huge expectation from him. Rafik is weighing down under pressure. Friends told him smoking improves brain power and reduces anxiety. Rafik now smokes 5 – 6 cigarettes a day. What to do?

Discuss among yourselves:

- bb) What would Rafik do?
- cc) What would you do in his place?
- dd) Play a short role between Rafik and his father on how Rafik's father could help him.

### Case 5: Count the stitches!

Sneha is a witty lovable brat. Many in her class smoke behind the back. She also would very much like a puff. One day indeed she does, and now she must smoke 3 – 4 cigarettes a day, and cannot avoid smoking.

- a) What would Sneha do now?
- b) What would you do in her place?

Play a short role between Sneha and a well wisher friend to show how she could help



### Case 6: When parents are not at home

Rahul's parents both are away from town for two days for office work. Rahul is all alone at home. He invites his best friend Rakesh for a night party to be arranged in his home and also informs him that some of his other friends would also join the party. Also good food and beer will be there in the party. He insists Rakesh to come to his house. But Rakesh does not want to join the party.



Friend # 1:

What a Cad, man? Never had a puff? Come, have a cigarette.

Friend # 2:

Let be, man, some other day, may be.

Friend # 1:

What a Cad, man ? Never had a puff ?  
Come, have a cigarette.

Friend # 2:

Let be, dude, I'm busy, I'll pack.



Friend # 1:

What a Cad, man? Never had a puff ? Come, have a cigarette.

Friend # 2:

Keep that, chum, let's watch a movie.

Friend # 1:

What a Cad, man ? Never had a puff ? Come, have a cigarette.

Friend # 2:

Thanks, pal, no, I don't like smoking.

Friend # 1:

What a Cad, man ? Never had a puff ?  
Come, have a cigarette.

Friend # 2:

No, man, don't ask, I never smoke.

Friend # 1:

What a Cad, man? Never had a puff?  
Come, have a cigarette.

Friend # 2:

You kidding? A threshing will do you good.

Going soft

Avoiding

Finding alternative

Refusing with expression of  
dislike

Firmly refusing

Refusing impolitely



## FLASH CARDS (HINDI)

### घटना 1: शादीयों का मजा

आज प्रिति कि बड़ी बहन की शादी है। प्रिति के बेस्ट फ्रेंड बन्टी, रानी और मीना सब मिलकर खुब मजा कर रहे हैं। इसी बीच बन्टी और रानी एक कोने में जाकर दो-एक घुंट शराब पीने की व्यवस्था कर रहे हैं एवं मीना को भी शराब पीने के लिए जबरजस्ती कर रहे हैं। लेकिन मीना ने किताबों में पढ़ा है की शराब पीना अच्छी बात नहीं है। अब मीना असमन्जस में है क्या करेगी?

खुद आलोचना करके देखो:

- (अ) मीना अब क्या करेगी?
- (आ) मीना के जगह तुम रहने से क्या करते?
- (इ) अब बातों में ही अभिनय करके दिखाइए की मीना का ना बोलना किस तरह सम्भव है ?

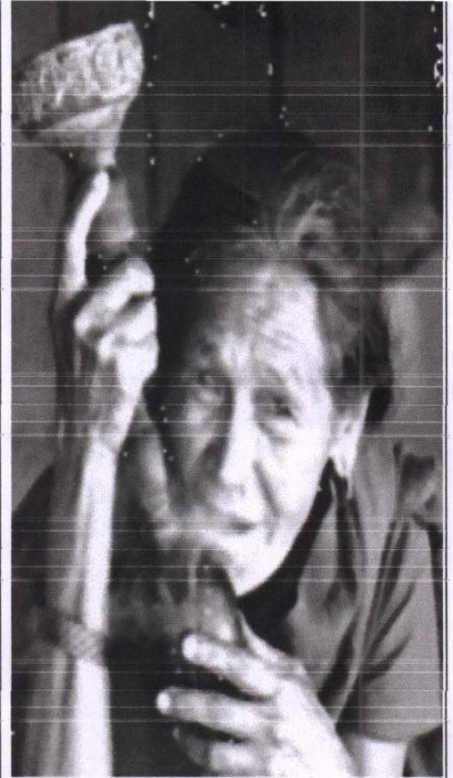


### घटना 2: दादी का हुक्का

चन्दना रोज दादी को हुक्का पीते देखती है। चन्दना दादी को बहुत प्यार करती है और उनकी देखभाल भी करती है। चन्दना का भी मन करता है की हुक्का पीने से कैसे लगता है ? लेकिन शिक्षक और शिक्षिकाओं ने बोला है तंबाकू खाना अच्छी बात नहीं है। अब चन्दना क्या करेगी?

खुद आलोचना करके देखो:

- (अ) चन्दना अब क्या करेगी?
- (आ) चन्दना के जगह तुम रहने से क्या करते?
- (इ) अब बातों में ही चन्दना एवं दादी के वार्तालाप का अभिनय करके दिखाइए की चन्दना का ना बोलना किस तरह सम्भव है ?

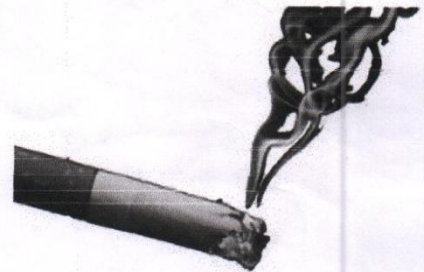


### घटना 3: दिमाग में धुआँ

रफ़ीक स्कूल में अच्छा रीजल्ट करता है। उसके उपर उनके मम्मी पापा और शिक्षकों की ख़ुब आशा है की वह और बेहतर करेगा। अफ़्रीक ने अपने दोस्तों से सुना है की सिग़रट पीने से चाप कम होता है और दिमाग भी खुलता है। इसी चलते आज रफ़ीक दिन में पाँच से छह सिग़रट पी लेता है। अब रफ़ीक क्या करेगा?

खुद आलोचना करके देखो:

- (अ) रफ़ीक अब क्या करेगा?
- (आ) रफ़ीक के जगह तुम रहने से क्या करते?
- (इ) अब बातों में ही रफ़ीक एवं उनके पापा के वार्तालाप का अभिनय करके दिखाइए की पापा रफ़ीक की किस तरह मदद कर सकते हैं?



पहला दोस्त: तुम कैसे विचित्र लड़के हो भाई, एक दिन भी तुमने बीड़ी/ सिग़रट नहीं पी है ! आओ आज एक बार पीकर देखो।

दूसरा दोस्त: बीड़ी / सिग़रट रहने दो भाई, चलो सिनेमा देखने चलते है



पहला दोस्त: तुम कैसे विचित्र लड़के हो भाई, एक दिन भी तुमने बीड़ी/ सिगरेट नहीं पी है ! आओ आज एक बार पीकर देखो ।

दूसरा दोस्त: मजाक कर रहे हो ? और एक बोले तो एक थप्पड़ मार दूंगा

पहला दोस्त: तुम कैसे विचित्र लड़के हो भाई, एक दिन भी तुमने बीड़ी/ सिगरेट नहीं पी है ! आओ आज एक बार पीकर देखो ।

दूसरा दोस्त: नहीं भाई चलता हूँ मुझे एक काम है

सीधे सीधे ना करना

## टालना

पहला दोस्त: तुम कैसे विचित्र लड़के हो भाई, एक दिन भी तुमने बीड़ी/ सिगरेट नहीं पी है ! आओ आज एक बार पीकर देखो ।

दूसरा दोस्त: नहीं भाई मुझे मत बोलना मैं कुछ भी नहीं पीऊंगा

## स्वीकार नहीं करना

पहला दोस्त: तुम कैसे विचित्र लड़के हो भाई, एक दिन भी तुमने बीड़ी/ सिगरेट नहीं पी है ! आओ आज एक बार पीकर देखो ।

दूसरा दोस्त: अभी छोड़ो फिर कभी

वैकल्पिक भावना



## GUARDIANS' WORKSHEET (BENGALI)

## GUARDIANS' WORKSHEET

ONE DAY AWARENESS PROGRAMME FOR STUDENTS &  
GUARDIANS ON DRUG ABUSE PREVENTION / DRUG DEMAND REDUCTION  
SCERT, SCHOOL EDUCATION DEPARTMENT, GOWB

নাম : \_\_\_\_\_ বয়স : \_\_\_\_\_

সত্তানের নাম : \_\_\_\_\_ ক্লাস : \_\_\_\_\_

বিদ্যালয় : \_\_\_\_\_

১। আপনি কিশোর বয়সে নিচের যে যে বস্তুগুলি খেয়ে দেখেছেন তার পাশে ✓ চিহ্ন দিন -



২। আপনার সন্তান কোনগুলো খেলে আপত্তি করবেন তার পাশে x চিহ্ন দিন

- বিড়ি, সিগারেট
- গুটখা, তামাক
- গাঁজা, চরস
- জর্দা পান, পানমশলা
- দেশি মদ, বিদেশি মদ

৩। আপনি আপনার সন্তানের সাথে কোন কোন বিষয়ে খোলা মেলা কথা বলেন? তার পাশে  
✓ চিহ্ন দিন

- মন খারাপ বা আনন্দের কারণ নিয়ে
- বন্ধুদের সাথে প্রথম সিগারেট বা মদ খাওয়া
- পারিবারিক অর্থনৈতিক অবস্থার বিষয়ে
- নিজের দুর্বলতা নিয়ে
- কোনো বিষয়েই কথা বলি না শুধু বকাবকি করি

## GUARDIANS' WORKSHEET

ONE DAY AWARENESS PROGRAMME FOR STUDENTS &  
GUARDIANS ON DRUG ABUSE PREVENTION / DRUG DEMAND REDUCTION  
SCERT, SCHOOL EDUCATION DEPARTMENT, GOWB

৪। বাড়িতে সন্তানের মধ্যে প্রায়শঃই কী কী লক্ষণ খেয়াল করেন? তার পাশে ✓ চিহ্ন দিন -

				
Depression	Anxiety	Insomnia	Restlessness	Irritability
হতাশা	উদ্বেগ	অনিদ্রা	অস্থিরতা	বিরক্তি
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

৫। নিজের সন্তান জীবনের কোন পথে যাক আপনি চাইবেন? তার পাশে ✓ চিহ্ন দিন -



৬। আপনার মতে যেগুলি ঠিক তার পাশে ✓ চিহ্ন দিন -

- মাঝেমাঝে একটু আধটু মদ খাওয়া খারাপ কিছু নয় ☐
- সিগারেট বিড়ি আমিও খেয়েছি সন্তানও বড় হয়ে নিজের পয়সায় খাক, তাতে ক্ষতি নেই ☐
- পুরুষ মানুষ একটু আধটু নেশা তো করবেই ☐
- দেশি মদ খারাপ, বিলাতি মদ ভালো ☐
- সব রকমের নেশাই শরীরের জন্য ক্ষতিকারক ☐

.....

## GUARDIANS' WORKSHEET (ENGLISH)

### GUARDIANS' WORKSHEET

ONE DAY AWARENESS PROGRAMME FOR STUDENTS &  
GUARDIANS ON DRUG ABUSE PREVENTION / DRUG DEMAND REDUCTION  
SCERT, SCHOOL EDUCATION DEPARTMENT, GOWB

Name : \_\_\_\_\_ Age : \_\_\_\_\_

Name of child : \_\_\_\_\_ Class: \_\_\_\_\_

Name of School : \_\_\_\_\_

### GIVE TICK MARK in appropriate boxes

1. Which of the following you have tasted or tried in your teenage years ?



2. Which of the following would you restrict your child from taking?

- Bidi, Cigarette ☐
- Gutka and Tobacco ☐
- Cannabis, Ganja ☐
- Zarda pan, pan masala ☐

3. What topic do you talk about openly with your children?

- Painful situation or joyful situation ☐
- First drink/ Cigarette ☐
- Economic condition of the family ☐
- Your own weaknesses ☐
- Never talk to them, be rude to them ☐

## GUARDIANS' WORKSHEET

ONE DAY AWARENESS PROGRAMME FOR STUDENTS &  
GUARDIANS ON DRUG ABUSE PREVENTION / DRUG DEMAND REDUCTION  
SCERT, SCHOOL EDUCATION DEPARTMENT, GOWB

4. What signs do you observe in your children ?

				
Depression	Anxiety	Insomnia	Restlessness	Irritability
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5. Which path would you like your children to follow ?



6. Your opinion -

- Taking little bit of drink sometime is not harmful. ☐
- Cigarette, Bidi, I had taken so it does not harm if children grow up and take cigarette/bidi out of their own income. ☐
- Being a male they do take little drink. ☐
- Country liquor is more injurious than Foreign liquor ☐
- Any type of addiction has a negative effect on human body. ☐

.....



## **STUDENTS' WORKSHEET FOR ACTIVITIES AT SCHOOL**

**STUDENT AWARENESS PROGRAMME FOR DRUG ABUSE PREVENTION IN THE STATE OF WEST BENGAL**

**DISTRICT: - Darjeeling / Kalimpong/ Siliguri/ Jalpaiguri/ Cooch Behar/ Alipurduar**

**CODE – DC / S&P / CW / \_\_\_\_\_**

**NAME OF SCHOOL: -**

**NAME OF THE STUDENT:-**

**CLASS:-**

## GUARDIANS' WORKSHEET FOR ACTIVITIES AT SCHOOL

STUDENT AWARENESS PROGRAMME FOR DRUG ABUSE PREVENTION IN THE STATE OF WEST BENGAL

DISTRICT: - Darjeeling / Kalimpong/ Siliguri/ Jalpaiguri/ Cooch Behar/ Alipurduar

CODE – DC / S&P / CW / \_\_\_\_\_

NAME OF SCHOOL: -

NAME OF THE GUARDIAN:-

NAME OF THE STUDENT:-

CLASS:-

## LIST OF MATERIALS FOR EACH SCHOOL

### LIST OF MATERIALS SUPPLIED TO EACH SCHOOL

Sl. No.	ITEM	QUANTITY
1	Banner	3
2	Pencil	100
3	Sharpener	100
4	Eraser	100
5	Pen	100
6	Student Activity Sheet – 1 & 2	2 sets
7	Guardian Activity Sheet	50
8	12 colour Crayon	50 + 2 Box
9	Colour Chalk	1 box
10	Student Activity Module	1 set
11	Gift wrapped Pen	3+3
12	Certificate of Merit and Appreciation	3+3
13	Participation Certificate	100
14	Student Worksheet	Sample 5 copies Copy as per requirement, blank paper given*
15	Guardian Worksheet	Sample 5 copies Copy as per requirement, blank paper given*
16	Bag for the above mentioned items	01
17	Check list	01
18	Blank Attendance sheet for students	1 set
19	Blank Attendance sheet for guardians	1 set
20	Blank Attendance sheet for MT and RPs And list format for Support staff	1+1
21	Report format	01
22	Utilization certificate	01
23	Program schedule	01
24	Legal Paper*	1 Packet

2. Received by –

3. Head of the Institute of the following schools-

## LIST OF MATERIALS RECEIVED BY SCHOOLS OF ALIPURDAR

ALIPURDUAR

**Government of West Bengal**

DEPARTMENT OF SCHOOL EDUCATION

STATE COUNCIL OF EDUCATIONAL RESEARCH & TRAINING

**DISTRICT INSTITUTE OF EDUCATION & TRAINING**

**ALIPURDUAR**

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21	Report format	01
22	Utilization certificate	01
23	Program schedule	01
24	Legal Paper*	1 Packet

Received by –

Head of the Institute of the following schools-

① Shibanihat High School (H.S.)  
Amit K. Ghoshal Sankar

② Subrata Dutta  
Tapsikhat High School

③ Sajib Khan  
Thakur Panchanan Vidyalaya

④ L. H. Ram High School  
Prantosh Paul

⑤ Ranjit - Fluxer  
Sonapur B.K. H.S.

⑥ Bishan Choudhary  
Raichinga Vidyalaya High School  
Puducherry

⑧ Swapan K. Mandal  
Jedabpalli High School (H.S.)

⑨ Ranpak Sankar  
Deodanga H.S.

⑩ Sudarshan Chakraborty  
Pomukhokhari Purnanini H.S.

⑪ Akhil Kumar Poddar  
Jogendra Nagar High School H/S

⑫ Jaya Sankar  
Sonapur B.K. Girls High School (H.S.)

⑬ Ashim Saha Roy (Deb)  
Falmata Girls' High School.

⑭ Subir Bhattacharya  
Chilapata Forest High School



**Government of West Bengal**  
**DEPARTMENT OF SCHOOL EDUCATION**  
**STATE COUNCIL OF EDUCATIONAL RESEARCH & TRAINING**  
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**ALIPURDUAR**

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21	Report format ✓	01
22	Utilization certificate ✓	01
23	Program schedule	01
24	Legal Paper*	1 Packet

Received by –  
Head of the Institute of the following schools-

*Received*  
*08/11/19*  
Asst. Headmaster  
Baneswar Khalsa High School  
Baneswar, Cooch Behar

*Prabir Mitra*  
*08.11.19*  
Headmaster  
Atakhaia High School  
Govt. Sponsored  
Atakhaia, Cooch Behar

*Shakalashy*  
*08/11/19*  
Headmistress  
Baneswar Girls' High School  
P.O.: Baneswar, Dt.-Cooch Behar

*08.11.19*  
Headmistress  
Bharangraha High School  
P.O.-Barangraha, Dist. Cooch Behar

*08.11.19*  
Headmistress  
Doch denar Jijcha Banka Vidyalaya  
Cooch Behar

*08.11.19*  
Asst. Headmaster  
(In-Charge)  
Jenkins School  
Cooch Behar

*08.11.2019*  
Asst. Headmistress  
New Town Girls' Higher  
Secondary School  
Cooch Behar

*08/11/2019*  
Headmaster  
COB. SHREE HINDI VIDYALAYA (H.S.)  
Cooch Behar

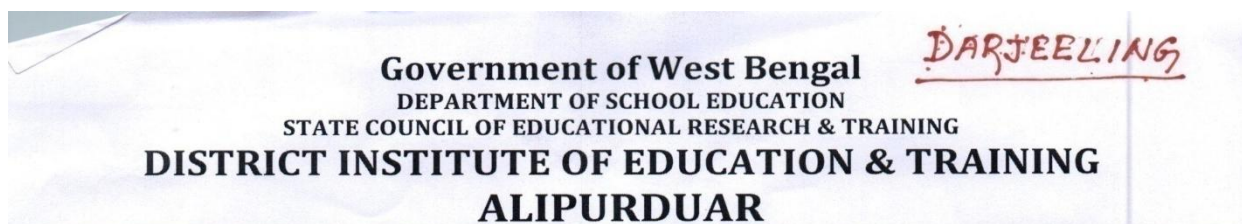
*08.11.19*  
Head Master  
Kharabari Harendra Chandra Vidyamandir (High)  
Kharabari, Dist.- Cooch Behar

*Received*  
*08/11/19*  
Headmaster  
Barabari Naranath High School  
P.O. Bokalmooth, Dt.-Cooch Behar

*A. Majumdar*  
*08/11/2019*  
Asstt. Headmaster  
Kalabagan High School (H.S.)  
Cooch Behar



## LIST OF MATERIALS RECEIVED BY SCHOOLS OF DARJEELING



### LIST OF MATERIALS SUPPLIED TO EACH SCHOOL

Sl.No.	ITEM	QUANTITY
1	Banner	3
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21	Report format	01
22	Utilization certificate	01
23	Program schedule	01

Received by –

Head of the Institute of the following schools-

- No 1. Navin P Rai – R-K S P Boys H.S. School  
 Darjeeling
- No. 2. Barun Gurung – Turnbull H.S. School, Darjeeling
- No 3. Benoy Gogoi – Ghoom Boys H.S. School
- No 4. Ratan Kumar pd. Gupta – Darjeeling Higher Secondary School  
 Dist Darjeeling.
- No. 5. Dipesh Shanker – Darjeeling Govt. High School.
- No. 6. Sangita Rai – Sardiswari Govt. High School.
- No. 7. Uma devi Chakrabarti – Maheswari H.S. School, dy.



# LIST OF MATERIALS RECEIVED BY SCHOOLS OF JALPAIGURI

**JALPAIGURI**

**Government of West Bengal**

DEPARTMENT OF SCHOOL EDUCATION

STATE COUNCIL OF EDUCATIONAL RESEARCH & TRAINING

**DISTRICT INSTITUTE OF EDUCATION & TRAINING**

**ALIPURDUAR**

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22	Utilization certificate	01
23	Program schedule	01
24	Legal Paper*	1 Packet

Received by –

Head of the Institute of the following schools-

- ① DSLHS
- ② B.M.H.H.S
- ③ Dhapgraj GSAT H.S
- ④ MINCTT B-Lika Vidyalaya
- ⑤ Vivekananda High School.
- ⑥ Desbandha
- ⑦ Mohinagar Colony T.P. High School - Jal
- ⑧ Central Girls H.S. School S. Sikdar 9.11.19
- ⑨ Jebragar Kumudini Balika Vidyalaya - Jal 9.11.19
- ⑩ Kalinganj Uttam Kumar High School (H.S) 9.11.19
- ⑪ Jalpaiguri Hindi High School (H.S)
- ⑫ Kadamtalagiri H.S Jal 9.11.19
- ⑬ Netaji Vidyapith High School (H.S)
- ⑭
- ⑮



# LIST OF MATERIALS RECEIVED BY SCHOOLS OF KALIMPONG

**Government of West Bengal** KALIMPONG  
**DEPARTMENT OF SCHOOL EDUCATION**  
**STATE COUNCIL OF EDUCATIONAL RESEARCH & TRAINING**  
**DISTRICT INSTITUTE OF EDUCATION & TRAINING**  
**ALIPURDUAR**

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22	Utilization certificate	01
23	Program schedule	01

Received by –

Head of the Institute of the following schools-

- ① Ganesh High School, Kalimpong *[Signature]*
- ② Indo-Tibetan H.S. School Kalimpong *[Signature]*
- ③ Kalimpong Government High School *[Signature]*
- ④ Jubilee H.S. School. *[Signature]*
- ⑤ SUM Institution *[Signature]*
- ⑥ Kumbhari H.S. School *[Signature]*
- ⑦ Pagang Campa H.S. *[Signature]*
- ⑧ Algaresh H.S. School *[Signature]*
- ⑨ Gangotri High School *[Signature]*
- ⑩ Pranami Balika Vidya Mandir *[Signature]* (9800150200)



## LIST OF MATERIALS RECEIVED BY SCHOOLS OF SILIGURI

**Government of West Bengal**  
DEPARTMENT OF SCHOOL EDUCATION  
STATE COUNCIL OF EDUCATIONAL RESEARCH & TRAINING  
**DISTRICT INSTITUTE OF EDUCATION & TRAINING**  
**ALIPURDUAR**

**LIST OF MATERIALS SUPPLIED TO EACH SCHOOL**

Sl. No.	ITEM	QUANTITY
1	Banner	3
2	Pencil	100
3	Sharpener	100
4	Eraser	100
5	Pen	100
6	Student Activity Sheet – 1 & 2	2 sets
7	Guardian Activity Sheet	50
8	12 colour Crayon	50 + 2 Box
9	Colour Chalk	1 box
10	Student Activity Module	1 set
11	Gift wrapped Pen	3+3
12	Certificate of Merit and Appreciation	3+3
13	Participation Certificate	100
14	Student Worksheet	Sample 5 copies Copy as per requirement, blank paper given*
15	Guardian Worksheet	Sample 5 copies Copy as per requirement, blank paper given*
16	Bag for the above mentioned items	01
17	Check list	01
18	Blank Attendance sheet for students	1 set
19	Blank Attendance sheet for guardians	1 set
20	Blank Attendance sheet for MT and RPs And list format for Support staff	1+1
21	Report format	01
22	Utilization certificate	01
23	Program schedule	01
24	Legal Paper*	1 Packet

Received by –

Head of the Institute of the following schools-

- ① Shambhu High School
- ② Rishikesh Prasad Mahavidyalaya
- ③ Siliguri Netaji High School
- ④ Kabi Sukanta High School
- ⑤ Janchanda Vidyalaya H. School
- ⑥ Matigara Harasindar High School (H.S.)
- ⑦ Siliguri Hindi High School for girls
- ⑧ Dr. I. B. Thapa Nepali Vidyalaya
- ⑨ Muraligari High School
- ⑩ Nazim Sataranki vidyalaya (H. S.)

**SCHOOL REPORT FORMAT TO BE SUBMITTED BY EACH SCHOOL IN**  
**SCHOOL LETTER HEAD**

REPORT  
OF  
Awareness Generation on Drug Abuse Prevention  
under  
National Action Plan on Drug Demand Reduction (NAPDDR) at the School Level

1.     **Date, time and duration of the awareness programme:**
  
2.     **No. And name of trainers attached with the venue with their mail id and contact details:**
  - a.
  - b.
  - c.
  - d.
  - e.
  - f.
  
3.     **No. Of activity wise participation of students:**
  
4.     **No. Of activity wise participation of guardians:**
  
5.     **Details of the three best of the activities of students:**
  - a.
  - b.
  - c.
  
6.     **Details of the three best of the activities of guardians:**
  - a.
  - b.
  - c.

Office Seal

Signature\_\_\_\_\_

Designation\_\_\_\_\_

Date\_\_\_\_\_

## SAMPLE CHECKLIST

After returning from the workshop at DIET, Alipurduar, the School Team comprised of the HOI (MT) & Assistant Teachers (RP), please, note that following steps have been taken –

SL. NO.	STEPS	CHECK MARK(✓)	REMARKS
<b>Works before SCL EVENT (W-1)</b>			
1	Appraisal & sensitization of the staff on the ensuing event		DATE OF MEETING -
2	Selection of 50 students from Classes IX/ VIII		
3	Inviting 50 guardians of selected students of Classes IX/ VIII		
4	Bag containing material as received was opened and utilized for use in the School Event by the School Team		
5	Arrangement of 2 separate rooms for 50 students and 50 guardians for the event		
6	Preparation of the given flash cards to be used in the workshop by the students in the first half		
7	Preparation of the worksheets to be used in the workshop by the guardians in the first half		
8	Arrangement of food and refreshment for students and guardians		
<b>Works ON THE DAY OF EVENT (W-0)</b>			
1	Start the School Event as per schedule within 11.00 a.m. <b>Spl Instruction :-</b> ( Message by WhatsApp in the NAPDDR Group :- <b>ES- Scl Name, Dist</b> )		
2	Registration of School Team ( MT + Oriented Teachers) as per format supplied		Original List Attached with signature
3	Registration of selected 50 students as per format supplied		Original List Attached with signature
4	Registration of invited 50 guardians as per format supplied		Original List Attached with signature
5	List of Support Staff prepared and authenticated as required for the event		Original List Attached
6	Resource persons conducted sessions in both Students and Guardians room in the first half		4 photographs of good quality and clear view of both the rooms are to be uploaded in the WhatsApp group
7	Lunch begins and message sent <b>Spl Instruction :-</b> ( Message by WhatsApp in the NAPDDR Group :- <b>1HCLB- Scl Name, Dist</b> )		2 photographs of good quality and clear view of both the rooms are to be uploaded in the WhatsApp group
8	Resource persons conducted sessions in both Students and Guardians room in the second half		4 photographs of good quality and clear view of both the rooms are to be uploaded in the WhatsApp group
9	Evaluation of 50 students to select <b>first place holder of 3 categories</b> each		
10	Evaluation of 50 guardians to select <b>first place holder of 3 categories</b> each		
11	Distribution of Prizes to <b>first place holders of 3 categories of both</b> Students and Guardians		2 photographs of good quality and clear view of both the rooms are to be uploaded in the WhatsApp group
12	Handover the following materials to the Monitoring team - A. <i>Original Attendance Sheet of MT, RPs, Students, Guardians , Support Staff</i> B. <i>School Report as per format on the School Letter Head</i> C. <i>School UC as per format on the School Letter Head,</i>		

	D. <i>All the Worksheets of the parents in the first half</i> E. <i>Activity Sheet of 3 First Place holders of each activity of both students and parents</i> F. <i>Filled in Check list</i> G. <i>3 Banners</i>		
13	End of the School Event <b><u>Spl Instruction :-</u></b> ( Message by WhatsApp in the NAPDDR Group : - <b>EoD- Scl Name, Dist</b> )		

**Date and time of submission:-**

***SIGNATURE OF THE HOI WITH OFFICE SEAL***

***SIGNATURE OF THE MONITORING TEAM  
with remarks if any on the event***



## FILLED UP CHECKLIST

### CHECK LIST

DISTRICT - DARJ / KPG/ SLG/ JAL/APD/COB

NAME OF THE SCHOOL -

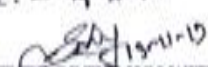
After returning from the workshop at DIET, Alipurduar, the School Team comprised of the HOI (MT)& Assistant Teachers (RP), please, note that following steps have been taken -


SL. NO.	STEPS	CHECK MARK(✓)	REMARKS
<b>Works before SCL EVENT (W-1)</b>			
1	Appraisal & sensitization of the staff on the ensuing event	✓	DATE OF MEETING - 11.11.2019
2	Selection of 50 students from Classes IX/ VIII	✓	
3	Inviting 50 guardians of selected students of Classes IX/ VIII	✓	
4	Bag containing material as received was opened and utilized for use in the School Event by the School Team	✓	
5	Arrangement of 2 separate rooms for 50 students and 50 guardians for the event	✓	
6	Preparation of the given flash cards to be used in the workshop by the students in the first half	✓	
7	Preparation of the worksheets to be used in the workshop by the guardians in the first half	✓	
8	Arrangement of food and refreshment for students and guardians	✓	
<b>Works ON THE DAY OF EVENT (W-0)</b>			
1	Start the School Event as per schedule within 11.00 a.m. <b>Spl Instruction :-</b> ( Message by Whats app in the NAPDDR Group :- ES- Scl Name, Dist)	✓	
2	Registration of School Team ( MT + Oriented Teachers) as per format supplied	✓	Original List Attached with signature
3	Registration of selected 50 students as per format supplied	✓	Original List Attached with signature
4	Registration of invited 50 guardians as per format supplied	✓	Original List Attached with signature
5	List of Support Staff prepared and authenticated as required for the event	✓	Original List Attached
6	Resource persons conducted sessions in both Students and Guardians room in the first half	✓	4 photographs of good quality and clear view of both the rooms are to be uploaded in the whatsapp group
7	Lunch begins and message sent <b>Spl Instruction :-</b> ( Message by Whats app in the NAPDDR Group :- 1HCLB- Scl Name, Dist)	✓	2 photographs of good quality and clear view of both the rooms are to be uploaded in the whatsapp group
8	Resource persons conducted sessions in both Students and Guardians room in the second half	✓	4 photographs of good quality and clear view of both the rooms are to be uploaded in the whatsapp group
9	Evaluation of 50 students to select <b>first place holder of 3 categories each</b>	✓	
10	Evaluation of 50 guardians to select <b>first place holder of 3 categories each</b>	✓	
11	Distribution of Prizes to <b>first place holders of 3 categories of both Students and Guardians</b>	✓	2 photographs of good quality and clear view of both the rooms are to be uploaded in the whatsapp group
12	Handover the following materials to the Monitoring team - A. Original Attendance Sheet of MT, RPs, Students, Guardians, Support Staff B. School Report as per format on the School Letter Head C. School UC as per format on the School Letter Head, D. All the Worksheets of the parents in the first half E. Activity Sheet of 3 First Place holders of each activity of both students and parents F. Filled in Check list G. 3 Banners	✓	
13	End of the School Event <b>Spl Instruction :-</b> ( Message by Whats app in the NAPDDR Group :- EoD- Scl Name, Dist)	✓	

Date and time of submission:-

Date:- 13.11.19

Time:- 4.20 PM

  
 SIGNATURE OF THE HOI WITH OFFICE SEAL  
 Headmistress  
 Falakata Girls' High School  
 P.O. Falakata, Dist. - Alipurduar

  
 SIGNATURE OF THE MONITORING TEAM  
 with remarks if any on the event

## FILLED UP CHECKLIST

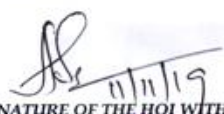
### CHECK LIST

DISTRICT - DARJ / KPG/ SLG/ JAL/APD/COB

NAME OF THE SCHOOL - BARAI BARI NARA NATH HIGH SCHOOL  
After returning from the workshop at DIET, Alipurduar, the School Team comprised of the HOI (MT)& Assistant Teachers (RP), please, note that following steps have been taken -

SL. NO.	STEPS	CHECK MARK(✓)	REMARKS
<b>Works before SCL EVENT (W-1)</b>			
1	Appraisal & sensitization of the staff on the ensuing event	✓	DATE OF MEETING - 07.11.19
2	Selection of 50 students from Classes IX/ VIII	✓	2.11.19
3	Inviting 50 guardians of selected students of Classes IX/ VIII	✓	2.11.19
4	Bag containing material as received was opened and utilized for use in the School Event by the School Team	✓	8.11.19
5	Arrangement of 2 separate rooms for 50 students and 50 guardians for the event	✓	9.11.19
6	Preparation of the given flash cards to be used in the workshop by the students in the first half	✓	11.11.19
7	Preparation of the worksheets to be used in the workshop by the guardians in the first half	✓	11.11.19
8	Arrangement of food and refreshment for students and guardians	✓	11.11.19
<b>Works ON THE DAY OF EVENT (W-0)</b>			
1	Start the School Event as per schedule within 11.00 a.m. <b>Spl Instruction :-</b> ( Message by Whats app in the NAPDDR Group :- ES- Scl Name, Dist)	✓	11.11.19
2	Registration of School Team ( MT + Oriented Teachers) as per format supplied	✓	Original List Attached with signature
3	Registration of selected 50 students as per format supplied	✓	Original List Attached with signature
4	Registration of invited 50 guardians as per format supplied	✓	Original List Attached with signature
5	List of Support Staff prepared and authenticated as required for the event	✓	Original List Attached
6	Resource persons conducted sessions in both Students and Guardians room in the first half	✓	4 photographs of good quality and clear view of both the rooms are to be uploaded in the whatsapp group
7	Lunch begins and message sent <b>Spl Instruction :-</b> ( Message by Whats app in the NAPDDR Group :- 1HCLB- Scl Name, Dist)	✓	2 photographs of good quality and clear view of both the rooms are to be uploaded in the whatsapp group
8	Resource persons conducted sessions in both Students and Guardians room in the second half	✓	4 photographs of good quality and clear view of both the rooms are to be uploaded in the whatsapp group
9	Evaluation of 50 students to select <u>first place holder of 3 categories</u> each	✓	
10	Evaluation of 50 guardians to select <u>first place holder of 3 categories</u> each	✓	
11	Distribution of Prizes to <u>first place holders of 3 categories of both</u> Students and Guardians	✓	2 photographs of good quality and clear view of both the rooms are to be uploaded in the whatsapp group
12	Handover the following materials to the Monitoring team - A. Original Attendance Sheet of MT, RPs, Students, Guardians, Support Staff B. School Report as per format on the School Letter Head C. School UC as per format on the School Letter Head D. All the Worksheets of the parents in the first half E. Activity Sheet of 3 First Place holders of each activity of both students and parents F. Filled in Check list G. 3 Banners	✓	11.11.19
13	End of the School Event <b>Spl Instruction :-</b> ( Message by Whats app in the NAPDDR Group :- EoD- Scl Name, Dist)	✓	11.11.19

Date and time of submission:-

  
SIGNATURE OF THE HOI WITH OFFICE SEAL  
Headmaster  
Barai Bari Naranath High School  
P.O. Bokalmroth, Dt. Cooch Behar



  
SIGNATURE OF THE MONITORING TEAM  
with remarks if any on the event



## FILLED UP CHECKLIST

### CHECK LIST

DISTRICT - DARJ / KPG/ SLG/ JAL/APD/COB

NAME OF THE SCHOOL -

After returning from the workshop at DIET, Alipurduar, the School Team comprised of the HOI (MT)& Assistant Teachers (RP), please, note that following steps have been taken -

SL. NO.	STEPS	CHECK MARK(✓)	REMARKS
<b>Works before SCL EVENT (W-1)</b>			
1	Appraisal & sensitization of the staff on the ensuing event	✓	DATE OF MEETING - 8/11/19
2	Selection of 50 students from Classes IX/ VIII	✓	
3	Inviting 50 guardians of selected students of Classes IX/ VIII	✓	By direct phone calls.
4	Bag containing material as received was opened and utilized for use in the School Event by the School Team	✓	Separated materials
5	Arrangement of 2 separate rooms for 50 students and 50 guardians for the event	✓	Two big and properly lighted rooms selected.
6	Preparation of the given flash cards to be used in the workshop by the students in the first half	✓	Cutting done for 1st part.
7	Preparation of the worksheets to be used in the workshop by the guardians in the first half	✓	Translation done in Vernacular.
8	Arrangement of food and refreshment for students and guardians	✓	Tea break + lunch arrangement made
<b>Works ON THE DAY OF EVENT (W-0)</b>			
1	Start the School Event as per schedule within 11.00 a.m. <b>Spl Instruction :-</b> ( Message by Whats app in the NAPDDR Group :- ES- Scl Name, Dist)	✓	
2	Registration of School Team ( MT + Oriented Teachers) as per format supplied		Original List Attached with signature
3	Registration of selected 50 students as per format supplied	✓	Original List Attached with signature
4	Registration of invited 50 guardians as per format supplied	✓	Original List Attached with signature
5	List of Support Staff prepared and authenticated as required for the event	✓	Original List Attached
6	Resource persons conducted sessions in both Students and Guardians room in the first half	✓	4 photographs of good quality and clear view of both the rooms are to be uploaded in the whatsapp group
7	Lunch begins and message sent <b>Spl Instruction :-</b> ( Message by Whats app in the NAPDDR Group :- IHCLB- Scl Name, Dist)	✓	2 photographs of good quality and clear view of both the rooms are to be uploaded in the whatsapp group
8	Resource persons conducted sessions in both Students and Guardians room in the second half	✓	4 photographs of good quality and clear view of both the rooms are to be uploaded in the whatsapp group
9	Evaluation of 50 students to select <b>first place holder of 3 categories</b> each	✓	
10	Evaluation of 50 guardians to select <b>first place holder of 3 categories</b> each	✓	
11	Distribution of Prizes to <b>first place holders of 3 categories of both</b> Students and Guardians	✓	2 photographs of good quality and clear view of both the rooms are to be uploaded in the whatsapp group
12	Handover the following materials to the Monitoring team - ✓ A. Original Attendance Sheet of MT, RPs, Students, Guardians, Support Staff ✓ B. School Report as per format on the School Letter Head ✓ C. School UC as per format on the School Letter Head, ✓ D. All the Worksheets of the parents in the first half ✓ E. Activity Sheet of 3 First Place holders of each activity of both students and parents ✓ F. Filled in Check list ✓ G. 3 Banners	✓	
13	End of the School Event <b>Spl Instruction :-</b> ( Message by Whats app in the NAPDDR Group :- HoD- Scl Name, Dist)		

Date and time of submission: 11/11/19

Teacher in-charge  
**MAHARANI GIRLS' H. S. SCHOOL  
DARJEELING**  
SIGNATURE OF THE HOI WITH OFFICE SEAL  
**MAHARANI GIRLS' H. S. SCHOOL  
DARJEELING**

SIGNATURE OF THE MONITORING TEAM  
with remarks if any on the event

## FILLED UP CHECKLIST

### CHECK LIST

DISTRICT - DARJ / KPG/ SLG/ JAL/APD/COB

NAME OF THE SCHOOL - *Dhappang Govt. Sponsored Ashram Type High School*,  
After returning from the workshop at DIET, Alipurduar, the School Team comprised of the HOI  
(MT)& Assistant Teachers (RP), please, note that following steps have been taken -

SL. NO.	STEPS	CHECK MARK (✓)	REMARKS
<b>Works before SCL EVENT (W-1)</b>			
1	Appraisal & sensitization of the staff on the ensuing event	✓	DATE OF MEETING - 11.11.2019
2	Selection of 50 students from Classes IX/ VIII	✓	
3	Inviting 50 guardians of selected students of Classes IX/ VIII	✓	
4	Bag containing material as received was opened and utilized for use in the School Event by the School Team	✓	
5	Arrangement of 2 separate rooms for 50 students and 50 guardians for the event	✓	
6	Preparation of the given flash cards to be used in the workshop by the students in the first half	✓	
7	Preparation of the worksheets to be used in the workshop by the guardians in the first half	✓	
8	Arrangement of food and refreshment for students and guardians	✓	
<b>Works ON THE DAY OF EVENT (W-0)</b>			
1	Start the School Event as per schedule within 11.00 a.m. <b>Spl Instruction :-</b> ( Message by Whats app in the NAPDDR Group :- ES- Scl Name, Dist)	✓	
2	Registration of School Team ( MT + Oriented Teachers) as per format supplied	✓	Original List Attached with signature
3	Registration of selected 50 students as per format supplied	✓	Original List Attached with signature
4	Registration of invited 50 guardians as per format supplied	✓	Original List Attached with signature
5	List of Support Staff prepared and authenticated as required for the event		Original List Attached
6	Resource persons conducted sessions in both Students and Guardians room in the first half	✓	4 photographs of good quality and clear view of both the rooms are to be uploaded in the whatsapp group
7	Lunch begins and message sent <b>Spl Instruction :-</b> ( Message by Whats app in the NAPDDR Group :- IHCLB- Scl Name, Dist)	✓	2 photographs of good quality and clear view of both the rooms are to be uploaded in the whatsapp group
8	Resource persons conducted sessions in both Students and Guardians room in the second half	✓	4 photographs of good quality and clear view of both the rooms are to be uploaded in the whatsapp group
9	Evaluation of 50 students to select <b>first place holder of 3 categories</b> each	✓	
10	Evaluation of 50 guardians to select <b>first place holder of 3 categories</b> each	✓	
11	Distribution of Prizes to <b>first place holders of 3 categories of both</b> Students and Guardians	✓	2 photographs of good quality and clear view of both the rooms are to be uploaded in the whatsapp group
12	Handover the following materials to the Monitoring team - A. Original Attendance Sheet of MT, RPs, Students, Guardians, Support Staff B. School Report as per format on the School Letter Head C. School UC as per format on the School Letter Head, D. All the Worksheets of the parents in the first half E. Activity Sheet of 3 First Place holders of each activity of both students and parents F. Filled in Check list G. 3 Banners	✓	✓
13	End of the School Event <b>Spl Instruction :-</b> ( Message by Whats app in the NAPDDR Group :- EoD- Scl Name, Dist)	✓	

Date and time of submission: 13.11.2019 at 3:45 pm

SIGNATURE OF THE HOI WITH OFFICE SEAL

*[Signature]*  
13.11.19  
Headmistress  
Dhappang Govt. Sponsored Ashram  
Type High School  
P.O. Dhappang, Dt. Jalpaiguri

SIGNATURE OF THE MONITORING TEAM

*[Signature]*  
with remarks of the Monitoring Team  
Type High School  
P.O. Dhappang, Dt. Jalpaiguri

*[Signature]*  
13/11/19  
Lecturer-in-charge  
DIET Jalpaiguri  
Belakoba



## FILLED UP CHECKLIST

### CHECK LIST

✓  
DISTRICT - DARJ / KPG/ SLG/ JAL/APD/COB

NAME OF THE SCHOOL - *Som Institution Kalampong*

After returning from the workshop at DIET, Alipurduar, the School Team comprised of the HOI (MT)& Assistant Teachers (RP), please, note that following steps have been taken -

SL. NO.	STEPS	CHECK MARK(✓)	REMARKS
<b>Works before SCL EVENT (W-1)</b>			
1	Appraisal & sensitization of the staff on the ensuing event	✓	DATE OF MEETING - 11/11/2019
2	Selection of 50 students from Classes IX/ VIII	✓	
3	Inviting 50 guardians of selected students of Classes IX/ VIII	✓	
4	Bag containing material as received was opened and utilized for use in the School Event by the School Team	✓	
5	Arrangement of 2 separate rooms for 50 students and 50 guardians for the event	✓	
6	Preparation of the given flash cards to be used in the workshop by the students in the first half	✓	
7	Preparation of the worksheets to be used in the workshop by the guardians in the first half	✓	
8	Arrangement of food and refreshment for students and guardians	✓	
<b>Works ON THE DAY OF EVENT (W-0)</b>			
1	Start the School Event as per schedule within 11.00 a.m. <b>Spl Instruction :-</b> ( Message by Whats app in the NAPDDR Group :- ES- Scl Name, Dist)	✓	
2	Registration of School Team ( MT + Oriented Teachers) as per format supplied	✓	Original List Attached with signature
3	Registration of selected 50 students as per format supplied	✓	Original List Attached with signature
4	Registration of invited 50 guardians as per format supplied	✓	Original List Attached with signature
5	List of Support Staff prepared and authenticated as required for the event	✓	Original List Attached
6	Resource persons conducted sessions in both Students and Guardians room in the first half	✓	4 photographs of good quality and clear view of both the rooms are to be uploaded in the whatsapp group
7	Lunch begins and message sent <b>Spl Instruction :-</b> ( Message by Whats app in the NAPDDR Group :- IHCLB- Scl Name, Dist)	✓	2 photographs of good quality and clear view of both the rooms are to be uploaded in the whatsapp group
8	Resource persons conducted sessions in both Students and Guardians room in the second half	✓	4 photographs of good quality and clear view of both the rooms are to be uploaded in the whatsapp group
9	Evaluation of 50 students to select <b>first place holder of 3 categories each</b>	✓	
10	Evaluation of 50 guardians to select <b>first place holder of 3 categories each</b>	✓	
11	Distribution of Prizes to <b>first place holders of 3 categories of both Students and Guardians</b>	✓	2 photographs of good quality and clear view of both the rooms are to be uploaded in the whatsapp group
12	Handover the following materials to the Monitoring team - A. Original Attendance Sheet of MT, RPs, Students, Guardians, Support Staff B. School Report as per format on the School Letter Head C. School UC as per format on the School Letter Head, D. All the Worksheets of the parents in the first half E. Activity Sheet of 3 First Place holders of each activity of both students and parents F. Filled in Check list G. 3 Banners	✓	
13	End of the School Event <b>Spl Instruction :-</b> ( Message by Whats app in the NAPDDR Group :- EoD- Scl Name, Dist)	✓	

Date and time of submission:

*Sahang Mahan*  
(Samuel Mahan)

SIGNATURE OF THE HOI WITH OFFICE SEAL

SIGNATURE OF THE MONITORING TEAM  
with remarks if any on the event

## FILLED UP CHECKLIST

### CHECK LIST

DISTRICT - DARJ / KPG/ SLG/ JAL/APD/COB

NAME OF THE SCHOOL - **SILIGURI HINDI HIGH SCHOOL FOR GIRLS (H.S.)**

After returning from the workshop at DIET, Alipurduar, the School Team comprised of the HOI

(MT)& Assistant Teachers (RP), please, note that following steps have been taken -

SL. NO.	STEPS	CHECK MARK(✓)	REMARKS
<b>Works before SCL EVENT (W-1)</b>			
1	Appraisal & sensitization of the staff on the ensuing event		DATE OF MEETING - 13/11/19
2	Selection of 50 students from Classes IX/ VIII	✓	
3	Inviting 50 guardians of selected students of Classes IX/ VIII	✓	
4	Bag containing material as received was opened and utilized for use in the School Event by the School Team	✓	
5	Arrangement of 2 separate rooms for 50 students and 50 guardians for the event	✓	
6	Preparation of the given flash cards to be used in the workshop by the students in the first half	✓	
7	Preparation of the worksheets to be used in the workshop by the guardians in the first half	✓	
8	Arrangement of food and refreshment for students and guardians	✓	
<b>Works ON THE DAY OF EVENT (W-0)</b>			
1	Start the School Event as per schedule within 11.00 a.m. <b>Spl Instruction :-</b> ( Message by Whats app in the NAPDDR Group - ES- Scl Name, Dist)	✓	started at 7.30 a.m. School Time - 7.00 a.m. to 11.00 a.m.
2	Registration of School Team ( MT + Oriented Teachers) as per format supplied	✓	Original List Attached with signature
3	Registration of selected 50 students as per format supplied	✓	Original List Attached with signature
4	Registration of invited 50 guardians as per format supplied	✓	Original List Attached with signature
5	List of Support Staff prepared and authenticated as required for the event	✓	Original List Attached
6	Resource persons conducted sessions in both Students and Guardians room in the first half	✓	4 photographs of good quality and clear view of both the rooms are to be uploaded in the whatsapp group
7	Lunch begins and message sent <b>Spl Instruction :-</b> ( Message by Whats app in the NAPDDR Group - IHCLB- Scl Name, Dist)	✓	2 photographs of good quality and clear view of both the rooms are to be uploaded in the whatsapp group
8	Resource persons conducted sessions in both Students and Guardians room in the second half	✓	4 photographs of good quality and clear view of both the rooms are to be uploaded in the whatsapp group
9	Evaluation of 50 students to select <b>first place holder of 3 categories each</b>	✓	
10	Evaluation of 50 guardians to select <b>first place holder of 3 categories each</b>	✓	
11	Distribution of Prizes to <b>first place holders of 3 categories of both Students and Guardians</b>	✓	2 photographs of good quality and clear view of both the rooms are to be uploaded in the whatsapp group
12	Handover the following materials to the Monitoring team - A. Original Attendance Sheet of MT, RPs, Students, Guardians, Support Staff B. School Report as per format on the School Letter Head C. School UC as per format on the School Letter Head D. All the Worksheets of the parents in the first half E. Activity Sheet of 3 First Place holders of each activity of both students and parents F. Filled in Check list G. 3 Banners	✓	
13	End of the School Event <b>Spl Instruction :-</b> ( Message by Whats app in the NAPDDR Group - EoD- Scl Name, Dist)	✓	

Date and time of submission:

SIGNATURE OF THE HOI WITH OFFICE SEAL

SIGNATURE OF THE MONITORING TEAM  
with remarks if any on the event

## SAMPL UTILISATION CERTIFICATE TO BE SUBMITTED BY EACH SCHOOL

### UTILISATION CERTIFICATE

Received Rs. \_\_\_\_\_ ( Rupees \_\_\_\_\_ Thousand \_\_\_\_\_ Hundred only) by  
NEFT / Cheque No. \_\_\_\_\_ dt. \_\_\_\_\_ from DIET, \_\_\_\_\_ on  
\_\_\_\_\_ (date) and utilised fully towards working lunch for 50 students, 50 Guardians and  
Honorarium for the Master Trainer & 5 Resource Persons for the "School Awareness  
Programme on Drug Demand Reduction" held on \_\_\_\_\_ (date) at  
\_\_\_\_\_ (venue) from 10.00 a.m. to 4.30 p.m.

Kinds of Checks exercised

1. Attendance of the programme,
2. Photographs and Banners of the programme,
3. Report of the programme,

Office Seal

Signature\_\_\_\_\_

Designation\_\_\_\_\_

Date\_\_\_\_\_

## MONITORING FORMAT

### MONITORING SHEET

This template will be used for venue visits by DPCs, SPOCs, SRGs participating in the visits.

Project Details	
Project Title:	ONE DAY SENSITISATION PROGRAMME FOR STUDENTS AND GUARDIANS ON DRUG DEMAND REDUCTION
Visit Date:	11.11.2019 / 13.11.2019
Visited School :	
Locations Visited:	
Members of Team Visiting:	

❖ **Implementation of School Activities** - Review implementation as per the plan with their application

- ☐ Properly implemented
- ☐ Modest delays per plan, but acceptable
- ☐ Implementation is a concern

Remarks:	
----------	--

❖ **Context: Are the project activities addressing needs of the programme objective?**

*The intervention is the right course of action in the given context*

- ☐ The activities are very appropriate for the given context
- ☐ Needs have changed somewhat, but still mostly appropriate
- ☐ Significant reprogramming is required to ensure the projects relevance to the context

- ☐ The project is not at all appropriate for the given context

Remarks:	
----------	--



### Community perspectives:

#### ❖ What was the level of involvement of the community in implementing the project and on the day of School Level Activity?

*The success of the programs depends on the degree to which beneficiaries are engaged and given a voice*

- ☐ Highly involved
- ☐ Partially involved
- ☐ Not at all involved
- ☐ Not able to determine during this visit

**Remarks:**

#### ❖ Quality of Programmes at the School Level in adherence to standards and best practice

- ☐ Fully met the standards
- ☐ Some improvements required
- ☐ Did not meet the expected standards
- ☐ Not able to determine during this visit

**Remarks:**

#### ❖ How strong was the synergy and coordination with different stakeholders involved in the programme implementation?

- ☐ Very strong collaboration and information sharing
- ☐ Adequate collaboration
- ☐ Coordination needs to be improved
- ☐ Not able to determine during this visit

**Remarks:**

### Consideration of Cross-Cutting Issues

#### ❖ A brief assessment of the inclusion or consideration of potential biases and vulnerable groups in the programme implementation

- ☐ The activities as designed for the Guardians were appropriate and they are highly involved.
- ☐ The activities should be improved as hands on activity in the second half needs to be improved
- ☐ Significant modifications and changes are required in terms of involving the guardians

**Remarks:**

## ***General Comments***

*Overall assessment of the project based on the above review components and additional information learned during the visit*

### **Remarks:**

- SUMMARY OF KEY FINDINGS
- NOTE ON THE HUMANITARIAN SITUATION
- EXAMPLES OF GOOD PRACTICE IDENTIFIED
- KEY ACTIONS REQUIRED BY THE IMPLEMENTING ORGANIZATION
- ANECDOTAL EXPERIENCE -

## SAMPLE CERTIFICATES

For Master Trainers

### CAPACITY BUILDING PROGRAMME ON DRUG ABUSE PREVENTION FOR MASTER TRAINERS

Organised by:

State Council of Educational Research & Training, West Bengal  
& District Institute of Education and Training, ALIPURDUAR

#### Certificate of Participation

*This is to certify that ..... of .....  
District..... participated in Two Day Capacity Building Programme on Drug Abuse  
Prevention for Master Trainers, funded by National Institute of Social Defence, Ministry of  
Social Justice & Empowerment, Govt. of India, organised by the State Council of Educational  
Research and Training, West Bengal, School Education Department, Govt. of West Bengal and  
DIET Alipurdwar held on .....*

(OC, DIET, Alipurdwar)

(Research Fellow, Grade-II, SCERT, WB)

(Director, SCERT)

## SAMPLE CERTIFICATES

For Teachers

### ONE DAY SENSITIZATION PROGRAMME ON DRUG ABUSE PREVENTION FOR TEACHERS

Organised by:

State Council of Educational Research & Training, West Bengal  
& District Institute of Education and Training, ALIPURDUAR

#### Certificate of Participation

*This is to certify that ....., Assistant Teacher of .....  
....., District..... participated in One Day Capacity  
Building Programme on Drug Abuse Prevention for Teachers, funded by National Institute of  
Social Defence, Ministry of Social Justice & Empowerment, Govt. of India, organised by the  
State Council of Educational Research and Training, West Bengal, School Education  
Department, Govt. of West Bengal and DIET, ALIPURDUAR held on .....*

(OC, DIET, Alipurduar)

(Research Fellow, Grade-II, SCERT, WB)

(Director, SCERT)



## SAMPLE CERTIFICATES

### Participation Certificate for Students

<b>STUDENT AWARENESS PROGRAMME ON DRUG ABUSE PREVENTION</b>			
Organised by :			
State Council of Educational Research & Training, West Bengal & District Institute of Education and Training,			
<b>CERTIFICATE OF PARTICIPATION</b>			
This is to certify that .....			
Class ....., of.....			
District .....			
..... participated in One Day Student Awareness Programme			
on Drug Abuse Prevention, funded by National Institute of Social Defence, Ministry of Social Justice &			
Empowerment, Govt. of India, organised by the State Council of Educational Research and Training, West Bengal,			
School Education Department, Govt. of West Bengal and DIET, ..... held on .....			
HOI	Nodal Officer	Nodal Officer, OC, DIET, Alipurdwar	Programme Coordinator, Research Fellow, Grade - II, SCERT, WB

## SAMPLE CERTIFICATES

### Participation Certificate for Guardians

STUDENT AWARENESS PROGRAMME ON DRUG ABUSE PREVENTION			
Organised by :			
State Council of Educational Research & Training, West Bengal & District Institute of Education and Training,			
CERTIFICATE OF PARTICIPATION			
This is to certify that Ms. / Mr. ....			
guardian of .....	....., Class .....	....., Sec .....	District .....
of .....			
..... participated in One Day Student Awareness Programme on Drug			
Abuse Prevention, funded by National Institute of Social Defence, Ministry of Social Justice & Empowerment, Govt.			
of India, organised by the State Council of Educational Research and Training, West Bengal, School Education			
Department, Govt. of West Bengal and DIET, .....			
held on .....			
HOI .....	Nodal Officer .....	Nodal Officer, .....	Programme Coordinator, .....
		OC, DIET, Alipurdwar	Research Fellow, .....
			Grade - II, SCERT, WB



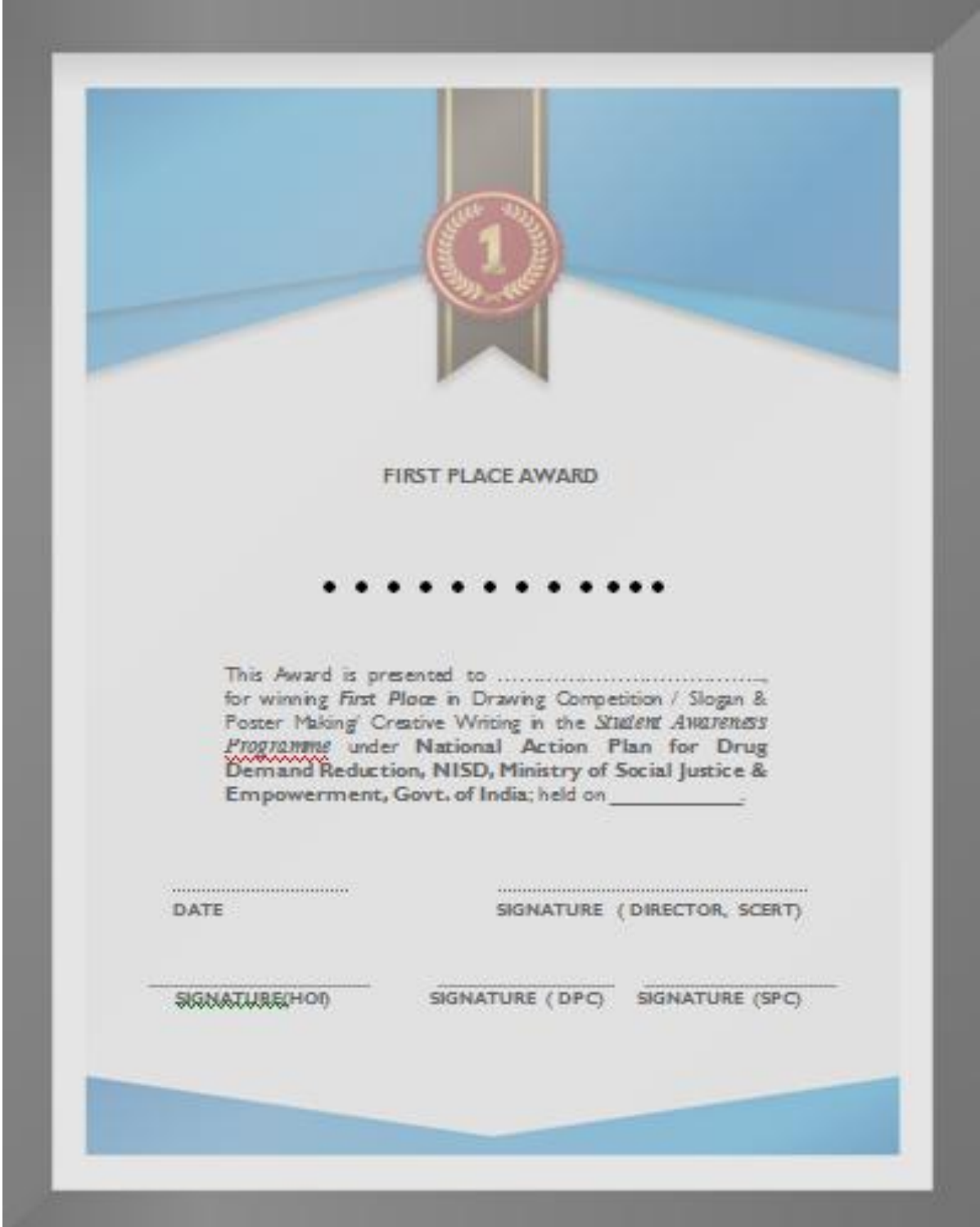
## SAMPLE CERTIFICATES

### First Place Certificate for Students

		
<b>FIRST PLACE AWARD</b>		
* * * * *		
<p><i>This Award is presented to .....</i></p> <p><i>class ..... of .....for winning</i></p> <p><i>First Place in Drawing Competition / Slogan &amp; Poster Making / Creative</i></p> <p><i>Writing in the Student Awareness Programme under National Action Plan</i></p> <p><i>for Drug Demand Reduction, NISD, Ministry of Social Justice &amp;</i></p> <p><i>Empowerment, Govt. of India; held on .....</i></p>		
Date : .....	Signature (Director, SCERT)	
Signature (HOI)	Signature (DPC)	Signature (SPC)

## SAMPLE CERTIFICATES

### First Place Certificate for Guardians



The certificate is a rectangular document with a light blue background and a white border. At the top center, there is a gold ribbon with a red circular seal containing the number '1'. Below the ribbon, the text 'FIRST PLACE AWARD' is centered. A horizontal line of ten black dots separates the title from the award description. The award description is centered and reads: 'This Award is presented to ..... for winning First Place in Drawing Competition / Slogan & Poster Making/ Creative Writing in the Student Awareness Programme under National Action Plan for Drug Demand Reduction, NISD, Ministry of Social Justice & Empowerment, Govt. of India; held on \_\_\_\_\_'. Below this, there are four signature lines. The first line is for the 'DATE' and the second is for the 'SIGNATURE (DIRECTOR, SCERT)'. The third line is for the 'SIGNATURE(HOI)' and the fourth is for the 'SIGNATURE (DPC) SIGNATURE (SPC)'. The certificate is framed by a grey border.

FIRST PLACE AWARD

.....

This Award is presented to .....  
for winning First Place in Drawing Competition / Slogan &  
Poster Making/ Creative Writing in the Student Awareness  
Programme under National Action Plan for Drug  
Demand Reduction, NISD, Ministry of Social Justice &  
Empowerment, Govt. of India; held on \_\_\_\_\_

.....  
DATE

.....  
SIGNATURE (DIRECTOR, SCERT)

.....  
SIGNATURE(HOI)

.....  
SIGNATURE (DPC) SIGNATURE (SPC)



## SOME SHARINGS BY STUDENTS AND GUARDIANS

এসো জোকে না বসি।

সামান্য বাড়ির ঠিকানা দিচ্ছে একটা আঁচালি আছে। সামান্য বাড়ির  
থেকে খাতিয়ে দেখা দেয় যাকেন্দ্রে অনেক ঘরোয়া যায় ও সেখানে  
বসে স্বাধীন করে। একজনই একজন ঘরোয়া, সকালে এক মিনিটে  
প্রায় সবসময়ই সেখানে গিয়ে স্বাধীন করে এক বাড়িতে এসে এক  
দ্রুত ও মেয়ে সঙ্গে দুর্ব্যবহার করেন। অল্প সময়ের মধ্যে দ্রুত  
গলিগালাজও করে কোনো কোনো দিনে ব্যবহারও করে। এক ফলে  
অন্যবর্তী ছেলেমেয়েদের ওপর এসবের প্রভাব পড়েছে। এবং ভবিষ্যতে  
আমাদের এমন আচরণের সম্ভাবনাও তৈরি হচ্ছে।

নীলেশ দাস/রুলিক নং- ১/অষ্টম শ্রেণী  
Nilish Das/Roll no-1/Class:- VIII  
School- Sonapur B.K. High School (M.S.)

ଅନ୍ତିମ ପ୍ରକାଶ  
ଫେବୃଆରୀ - ୨୦୧୯  
କାଗଜ ନଂ - ୨୦

[illegible][illegible]



অসামান্য কামকামানি প্রতিদিন রাতে ঘেরি করে  
 বাড়ি ফেরে। এর কারণ কামকামানির সাথে জোড়ায়  
 গেছে। কামকামানি এখন বাড়ি আসে এবং তখন  
 দিহুর কামকাম-মাটি করে, কামকামানি কামকামানি  
 বলে। বাড়ির অর্থাৎ কামকামানির জামানি  
 তার বাসানত চলে করে। কিন্তু কামকামানি  
 কামকাম কাম জামানি না। যদি কামকামানির বাসানত  
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 কাম।

Diplob Aditya

School Sonapur B.K. High School  
 class-IX - Sec-B - Roll-6





আমাদের একটি বন্ধুর নাম ~~অনিকোত বৈষ্ণব~~ ~~অনিকোত বৈষ্ণব~~।  
তার দ্বিতীয়তৈ মামার ছুঁচ মধ্য ছিল।

আমাদের একটি বন্ধুর নাম অনিকোত বৈষ্ণব। তার দ্বিতীয়তৈ  
মামার ছুঁচ ছিল মধ্য। কিন্তু সে প্রথমতৈ এম এটিয়ে চিহ্নিত।  
কিন্তু তার কাতমুলি, বন্ধু ছিল মধ্য ছুঁচ মধ্যে তেনেই করত।  
কিন্তু সে তাদের সাথে মেলামেলামি করতে করতে সেই  
একদিন নেমা করতে শুরু করে। প্রথমে সে বিমল খেল, তারপর  
সে দ্বিতীয়তৈ খেল এম। শেষ পর্যন্ত সে এম এম এম খায়।  
তার এক প্রথমতৈ তানতে পারি নি। অবশেষে তার এক তানতে  
পারল। তার এক এক অনেক কোমলো। কিন্তু প্রথমে  
সে তানতে চাইল না। ~~কিন্তু~~ তার এক অনেক অনুকোচকতার  
এর সে তানতে চাইল সে তার নেমা করতে না।

~~অনিকোত~~

নিউক্য - সন্তুভনের সন্তোষ অমল  
অলোচন ফল। অর্থাৎ সন্তুভনের  
কথা জেনে চলিছ।

School - Sonapur B.K. High School

Rupankar Chakraborty, (Sec-A, Roll-8)

Subradip Saha, (Sec-B, Roll-4)

STUDENT AWARENESS PROGRAMME FOR DRUG ABUSE PREVENTION IN THE STATE OF WEST BENGAL  
DISTRICT:- Darjeeling / Kalimpong / Siliguri/ Jalpaiguri/ Coochbehar/ Alipurduar  
CODE - DC / S&P / CW / \_\_\_\_\_

DISTRICT: - Darjeeling / Kalimpong/ Siliguri/ Jalpaiguri/ Coochbehar/ Alipurdwar

CODE - DC / S&amp;P / CW /

DISTRICT: - Darjeeling / Kalimpong / Siliguri / Jalpaiguri / Coochbehar/ Alipurduar  
NAME OF SCHOOL: - *Barneswar Khabea High School* NAME OF THE GUARDIAN: *Dipti Das (Sarkar)*  
CODE - DC / S&P / CW / \_\_\_\_\_

NAME OF THE GUARDIAN:- Dipti Das (Sarkar)

NAME OF THE STUDENT:-

CLASS:- VIII - (B) - 5

5- (B)

Abraham Daz

$\frac{1}{\delta} = \text{number of sets given}$

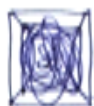
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Dipati Das (Sanskrit)

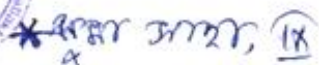


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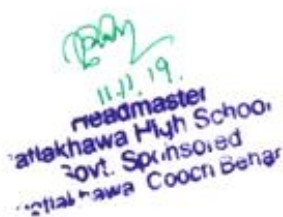
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ଶିକ୍ଷାକ୍ଷେତ୍ର ଏକ ସାମାଜିକ ଶକ୍ତି, ଶକ୍ତିକର, ଅନ୍ୟତ୍ର, ଶିକ୍ଷାକ୍ଷେତ୍ର ଆଦି  
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## MEDIA COVERAGE

# পড়ুয়াদের নেশা রুখতে প্রশিক্ষণ শিক্ষকদের

নিজস্ব সংবাদদাতা

## কোচবিহার

রাজ্যে গুটখা বিক্রিতে নিষেধাজ্ঞা জারি হয়েছে। তা নিয়ে আলোচনার মধ্যেই মাদক, নেশা দ্রব্যের কুফল নিয়ে পড়ুয়াদের সচেতনতা বাড়াতে উত্তরবঙ্গের ছয় শিক্ষা জেলায় কর্মসূচি নিল রাজ্য শিক্ষা গবেষণা ও প্রশিক্ষণ পরিষদ।

ওই ব্যাপারে সংশ্লিষ্ট জেলার বাছাই করা স্কুলের প্রধান শিক্ষক-সহ পাঁচজন শিক্ষককে নিয়ে কর্মশালা হয়। আলিপুরদুয়ার জেলা শিক্ষা গবেষণা ও প্রশিক্ষণ কেন্দ্রেও ওই বিষয়ে দু'দিনের কর্মশালাটি শনিবার শেষ হয়েছে। উদ্যোক্তারা জানান, কোচবিহার, আলিপুরদুয়ার, জলপাইগুড়ি, শিলিগুড়ি, কালিম্পং ও দার্জিলিংয়ের মোট ৭৫টি স্কুলের প্রধান শিক্ষক ও সহকারী শিক্ষকদের কর্মশালার আওতায় আনা হয়েছে। ১৩ নভেম্বরের মধ্যে কর্মশালায় শামিল শিক্ষকরা নিজের স্কুলের অষ্টম ও নবম শ্রেণির পড়ুয়াদের পাশাপাশি, তাদের অভিভাবকদের নিয়ে প্রথম ধাপের শালা করবেন।

ন্যাশনাল অ্যাকশন প্ল্যানিং  
ড্রাগ ডিমান্ড রিডাকশন

(এনএপিডিডিআর) নামে ওই প্রকল্পে জাতীয় নির্দেশিকা মতো রাজ্যের ওই সংস্থা কর্মশালার তদারকি করছে। গত বছর রাজ্যের বাকুড়া ও পুরুলিয়া জেলায় 'পাইলট প্রোজেক্ট' হিসেবে ওই উদ্যোগ শুরু হয়েছে বলে জানানো হয়েছে।

সংস্থা সূত্রে জানা গিয়েছে, মাদক বা নেশা জাতীয় সামগ্রীর কুফল নিয়ে আরও বেশি করে সচেতনতা বাড়াতে স্কুলে স্কুলে ওই উদ্যোগ নেওয়া হয়েছে। এর জন্য অভিভাবকদের সঙ্গে আলোচনা, পড়ুয়াদের নিয়ে সৃজনশীল কাজের কর্মসূচি ওই প্রকল্পে রয়েছে। রাজ্য শিক্ষা গবেষণা ও প্রশিক্ষণ পরিষদের ওই প্রকল্পের রাজ্য কো-অর্ডিনেটর নীলাঞ্জন বাল্য বলেন, “পর্যায়ক্রমে অন্য জেলাগুলিতেও এই কর্মসূচি নেওয়া হবে।”

উদ্যোক্তাদের সূত্রে জানা গিয়েছে, বিভিন্ন নেশার প্রবণতা স্বাস্থ্যের পক্ষে মারাত্মক ক্ষতির কারণ হতে পারে, সেই বার্তাটাই হাতে কলমে বোঝানোর চেষ্টা হচ্ছে। মূলত, অষ্টম ও নবম শ্রেণির পড়ুয়া ও তাদের অভিভাবকদের প্রাথমিকভাবে কর্মসূচির আওতায় আনা হচ্ছে। কারণ, ওই বয়েসেই, কৌতূহল থেকে নেশার প্রতি ঝোঁক দেখা যায় কিশোরদের মধ্যে। আলিপুরদুয়ার জেলা শিক্ষা

গবেষণা ও প্রশিক্ষণ কেন্দ্রের ভারপ্রাপ্ত আধিকারিক অজিত সাহা বলেন, “৫ নভেম্বর থেকে পর্যায়ক্রমে জেলার বিভিন্ন স্কুলের প্রধান শিক্ষক ও সহকারী শিক্ষকরা ওই কর্মশালায় অংশ নিয়েছেন।”

প্রকল্পের সঙ্গে যুক্ত এক প্রশিক্ষক জানিয়েছেন, প্রধান শিক্ষকদের নিজের স্কুলের মাস্টার ট্রেনারের দায়িত্ব সামলানোর জন্য কর্মশালায় আবেদন জানানো হয়েছে। সহকারী শিক্ষকদের ওই ব্যাপারে দলগতভাবে কাজের অনুপ্রেরণা দেওয়া হচ্ছে। নেশার খপ্পরে পড়া কোনও পড়ুয়াকে চিহ্নিত করা কীভাবে সম্ভব, তাকে মূলস্রোতে ফেরানোর জন্য কীভাবে এগোতে হবে, সে সব নানা খুঁটিনাটি বিষয়ও কর্মশালায় বিশদে তুলে ধরা হচ্ছে। পড়ুয়াদের সচেতন করে তুলতে ছবি আঁকা, স্লোগান লেখা, পোস্টার তৈরি, পথনাটিকা, কবিতা, ছোট গল্প লেখার মতো নানা সৃজনশীল কাজে তাদের উৎসাহ দেওয়ার পরিকল্পনা রয়েছে।

শুধু অষ্টম ও নবম শ্রেণির পড়ুয়াদের নিয়ে ওই উদ্যোগ কেন? উদ্যোক্তাদের দাবি, বয়ঃসন্ধির শুরুতেই নানা কারণে নেশার কবলে পড়া, তার প্রতি আসক্তির সম্ভাবনা বেশি থাকে। তাই স্কুলের অষ্টম ও নবম শ্রেণির পড়ুয়াদের নিয়েই এই ভাবনা।



## পড়ুয়াদের নেশামুক্ত করার উদ্যোগ



আলিপুরদুয়ার জেলা শিক্ষা ও প্রশিক্ষণ সংস্থায় চলছে শিক্ষকদের প্রশিক্ষণ।

শালকুমারহাটি, ৮ নভেম্বর : স্কুল পড়ুয়াদের নেশামুক্ত করতে রাজ্য শিক্ষা গবেষণা ও প্রশিক্ষণ পর্যদ (এসসিইআরটি) একগুচ্ছ পরিকল্পনা নিয়েছে। সংশ্লিষ্ট পর্যদ সম্প্রতি উত্তরবঙ্গকে কেন্দ্র করে কয়েকটি ধাপে এই কর্মসূচি শুরু করেছে। এজন্য উত্তরবঙ্গের ৭৫টি স্কুলকে বেছে নেওয়া হয়েছে। পড়ুয়াদের পাশাপাশি এই কর্মসূচিতে অভিভাবকরাও शामिल হবেন। এখন বাছাই করা স্কুলের প্রধান শিক্ষক ও সহকারী শিক্ষকদের এসসিইআরটি-র আলিপুরদুয়ার জেলা শিক্ষা ও প্রশিক্ষণ সংস্থায় প্রশিক্ষণ চলছে। ওই সংস্থার অফিসার ইনচার্জ ও উত্তরবঙ্গব্যাপী এই কর্মসূচির দায়িত্বপ্রাপ্ত অধ্যাপক অজিত সাহা বলেন, 'নেশার কবল থেকে পড়ুয়াদের বাঁচাতে এবং কেন, কীভাবে নেশা বর্জন করতে হবে সে সম্পর্কে সচেতন করতাই এবছর উত্তরবঙ্গে পরীক্ষামূলকভাবে এই কর্মসূচি শুরু হয়েছে। শিক্ষকদের প্রশিক্ষণের পরেই বাছাই স্কুলগুলিতে পড়ুয়া ও অভিভাবকদের বিভিন্ন অনুষ্ঠানের মাধ্যমে এই কর্মসূচিতে शामिल করা হবে।'

সরকারি নিষেধাওয়া সত্ত্বেও উত্তরবঙ্গের বিভিন্ন শিক্ষাপ্রতিষ্ঠানের আশপাশে পান-মশলার দোকান এখনও রমরমিয়ে চলছে। ফলে পড়ুয়াদের একাংশ স্কুলে এসে গুটখা, সিগারেট, তামাক জাতীয় নেশায় আসক্ত হয়ে পড়ছে। নেশার কবল থেকে পড়ুয়াদের রক্ষা করতেই এসসিইআরটি উত্তরবঙ্গজুড়ে পরীক্ষামূলকভাবে নানা কর্মসূচি নিয়েছে। এজন্য উত্তরবঙ্গের ৬টি জেলাকে বেছে নেওয়া হয়েছে। জেলাগুলি হল দার্জিলিং, শিলিগুড়ি, কালিম্পং, জলপাইগুড়ি, কোচবিহার ও আলিপুরদুয়ার। এইসব জেলা থেকে ৭৫টি হাইস্কুলকে বেছে নেওয়া হয়েছে। এই স্কুলগুলির ৩ হাজার ৭৫০ জন পড়ুয়া এবং ৩ হাজার ৭৫০ জন অভিভাবককে পরীক্ষামূলকভাবে এই কর্মসূচিতে নেওয়া হবে। পাশাপাশি ৭৫টি স্কুলের ৭৫ জন প্রধান শিক্ষক এবং প্রতিটি স্কুলের ৫ জন করে ৩৭৫ জন সহকারী শিক্ষককে দুটি ধাপে প্রশিক্ষণ দেওয়ার কাজ চলছে। গত ৫ ও ৬ নভেম্বর দার্জিলিং, কালিম্পং ও কোচবিহার জেলার শিক্ষকদের প্রশিক্ষণ হয়েছে। শুক্রবার থেকে শুরু হয়েছে বাকি তিন জেলার শিক্ষকদের প্রশিক্ষণ। পড়ুয়াদের নেশামুক্ত করার নানা কৌশল উল্লেখ করে উত্তরবঙ্গের বাছাই করা কিছু স্কুলের ১০ জন শিক্ষক প্রশিক্ষণ দিচ্ছেন।

গোটা কর্মসূচির প্রোগ্রাম কোঅর্ডিনেটর নীলাঞ্জন বালা জানিয়েছেন, ১১ নভেম্বর দার্জিলিং, কালিম্পং ও কোচবিহার এবং ১৩ নভেম্বর আলিপুরদুয়ার, জলপাইগুড়ি ও শিলিগুড়ির বাছাই করা স্কুলগুলির পড়ুয়া ও অভিভাবকদের এই কর্মসূচিতে शामिल করা হবে। তিনি বলেন, 'নেশা নেব না এবং কেন, কীভাবে, নেশা করব না- মূলত এই বিষয়ের উপর পড়ুয়া ও অভিভাবকদের মধ্যে পৃথকভাবে প্রতিযোগিতামূলক বিভিন্ন কর্মসূচির আয়োজন করা হবে। নাটক, অঙ্কন, কবিতা কিংবা নিজস্ব সৃজনশীল কোনো কাজের মাধ্যমে পড়ুয়াদের পাশাপাশি অভিভাবকদের মধ্যে থেকে প্রথম স্থান দখলকারীকে পুরস্কৃত করা হবে। সেইসঙ্গে এসসিইআরটি-র তরফে বাছাই করা প্রতিটি স্কুলেই যাবতীয় সরঞ্জাম দেওয়া হবে।'

# নেশাবিরোধীদের দাবি আগে গুটখা, মদ তৈরি বন্ধ হোক



হাইস্কুল বিদ্যালয়ে হাইস্কুলে নেশাদূক সমাজ গড়ার লক্ষ্যে শিবির: ছবি : সুসমল খেদা

বৈশাখ ও ফালগুণ, ১৩ নভেম্বর: সার্বিক করে দেশে বৈশাখ ও ফালগুণ মাসে পড়তে পড়তেই বলা, 'সার, বরং গাফা খাও। বড়িয়েসেই ন কলেও পোনে না। অমাকে কলুর খেতে দে।' কথটা শুনে হকচকিয়ে পোনে সত্যজনতা শিবিরে উপস্থিত শিক্ষক-শিক্ষিকারা। এবারে এসে সেটা বিশ্লেষণের আলোকে আসেন। হাত বাকেন অইম শ্রেণির পড়ুয়াই বাকেন, 'শপথ করে, নেশাদূক সমাজ গড়। আমার পরিচয় পরিচিত হবেন কথা।' হু হু করে চোখ মুদ্রা শপথ করল সেসেই।

অনেকের অভিভাবকই বিডি, সিগারেট খর কায়ে পোলে মুখ থেকে দুগন্ধ নাকে আসে। অকপট সার-মামলের সে কথা জানাল পড়ুয়ারে অনুভবই বুঝার কলকটোর হাইস্কুলে বিনামূল্যে হাইস্কুলে শুধু পড়ুয়া না, প্রশিক্ষণপ্রাপ্ত শিক্ষক-শিক্ষিকা ও বিশেষপারদেবরা কথা বাকেন অভিভাবকদের সঙ্গে। বুঝার সার্বিক বিদ্যালয়ে কটাক্ষে অভিভাবকরাও।

রাজ্য সরকারের স্কুল শিক্ষা বিভাগের অন্তর্গত স্টেট কন্ট্রোল অফ এডুকেশনাল রিসার্চ অ্যান্ড ট্রেনিং সাহায্য উদ্যোগে ও ডিআইবিটি অধিশূন্যদের পরিচালনায় জেলার বিভিন্ন বিদ্যালয়ে শুরু হয়েছে নেশাদূক আকস্মিক প্রদান অনু রূপে ডিমাও বিভাগের কর্মসূচি। নেশাদূক সমাজ গড়ার লক্ষ্যে আয়োজিত ওই কর্মসূচিতে পড়ুয়ারের সঙ্গে একনিবন্ধীয় সত্যজনতা শিবিরে শামিল করা হয়েছে অভিভাবকদেরও। স্টেট বিশেষপারদেব আলোক আসেন জামিন, এটি একটি পাইলট প্রোগ্রাম। প্রতিটি জেলার পুরনোটি করে বিদ্যালয়ের অইম ও নবম শ্রেণির পড়ুয়া জন করে পড়ুয়া ও তাদের অভিভাবকদের অভিযানে শামিল করা হয়েছে। প্রতিটি বিদ্যালয়ের প্রধান শিক্ষক ও পরিচালন করে সহশিক্ষককে প্রশিক্ষণ দেওয়া হয়েছে। পড়ুয়া ও অভিভাবকদের সঙ্গে বৈশাখের আলোকে করে নেশাদূক সমাজ গড়ার লক্ষ্যে তাঁদের মতামত সংগ্রহ করা হচ্ছে। এবার অভিভাবকদের উদ্দেশ্য বিদ্যালয়

পরিচালন সমিতির সভাপতি দীপক সরকার বলেন, 'অনেক সময় সন্তোষে পড়ুয়ারে নেশা আসতে পারে। সেদিকে নজর রাখুন।' অভিভাবকদের অনেকেই এদিন নেশার জিনিস বিভিন্ন বিকল্পে সোজা হন। এক অভিভাবক চিত্তব্রজ বর্ন সরকারের কাছে আসেন জানিয়ে লিখছেন, 'আমি মন, ওটাটা তৈরি লাইসেন্স দেওয়া বন্ধ করুন। তারপর প্রচারণা শুরু করুন।' দুইজনের মতামত লিখছেন, 'শুধু সমাজের ওপর নয় চাপাওন না। নেশার কারবারের সরকারকে বুঝে আত্ম লেখাচ্ছে।'

হাইস্কুলে বিনামূল্যে হাইস্কুলের প্রধান শিক্ষক বিকাশ সরকার বলেন, 'সাপুষ্টি মতামত উল্লেখ করুণের কাছে পড়ুয়ারে হবে।' এদিন ওই বিদ্যালয়ে নেশার বিকল্পে সত্যজনপ্রদূক নটকে অভিনয় করে পড়ুয়ারা। লিখিত মতামত, চিত্রাংক, কথোপকথন, প্রোগ্রামের বিচার করে প্রথম, দ্বিতীয়, তৃতীয় স্থানবিচারী ঘোষণা করা হয়।