

**District Institute of Education and Training, Vadalur  
Cuddalore District**

1. Name of the Programme: DISTRICT LEVEL ANTI-DRUG AWARENESS TRAINING
2. Duration : 04-02-2026 to 24-02-2026 (7 Days)
3. Target group : B.T and PG Teachers from High and Higher Secondary  
a. Schools in Cuddalore district
4. No. of Participants attended: Totally 425 Teachers from High and Higher Secondary Schools from Cuddalore district.

| DAYS  | DATE       | No. of Participants |          | Total No. of Participants |
|-------|------------|---------------------|----------|---------------------------|
|       |            | Batch I             | Batch II |                           |
| 1     | 04-02-2026 | 36                  | 34       | 70                        |
| 2     | 09-02-2026 | 30                  | 33       | 63                        |
| 3     | 10-02-2026 | 39                  | 47       | 86                        |
| 4     | 16-02-2026 | 45                  |          | 45                        |
| 5     | 18-02-2026 | 37                  | 31       | 68                        |
| 6     | 23-02-2026 | 52                  |          | 52                        |
| 7     | 24-02-2026 | 41                  |          | 41                        |
| Total |            |                     |          | 425                       |

**5. Brief Note about the Programme:**

Objectives of the training Program:

- To create awareness to the school going adolescent students.
- To improve the healthy life style of the students
- To help them to prevent from addiction

Anti-Drug Club (ADC) was launched in the year 2022, with the primary objective to create awareness among students regarding the ill effects of drug abuse. The motto of the ADC is “DRUG FREE TAMIL NADU”

## **ANTI-DRUG CLUB: OBJECTIVES**

- To create awareness amongst students regarding ill effects of drug abuse. Though most students know that drugs are illegal, there is no counter narrative amongst their social and peer group that insists that drug abuse is wrong in every ethical, moral and legal sense.
- To protect students from the ever-increasing threat of drug addiction by involving them as stakeholders. By making it a responsibility of the students to ensure that their campus is drug free, they would take larger responsibility for their school and surrounding society.
- To make the students have a sense of participation in the campaign. Today's youngsters are falling prey to the menace of drug abuse because of to fit in/seem 'cool', as a result of depression and because they feel they may not get caught.
- To organize Anti-drug awareness programmes to motivate the institutions to declare themselves drug free.
- To generate a sense of confidence amongst the parents of students
- To create a healthy and fit next generation.

## **ACTIVITIES FOR THE ANTI-DRUG CLUB:**

- These activities are preferred to be completed by the end of an academic year for each club for all its members or associative clubs.
- Organizing and participating in seminars with Guest speakers
- Local Medical officer
- Local Police Personnel
- Local Administration Personnel
- Other Experts
- Organizing poster/pamphlet competition and making the students create pamphlets with catchy slogans and phrases to be judged by prescribed institution committee and winners to be appropriately recognized. Distribution of pamphlets in public places under the supervision of faculty in charge of the club.

## EXPERTS FOR THE TRAINING

| Sl.No | Name and Designation of the Experts             | Address                                          |
|-------|-------------------------------------------------|--------------------------------------------------|
| 1     | <b>Mrs. Pondi Selvi</b><br>Inspector of Police  | Anti Drug Wing<br>Kulinchavadi Region            |
| 2     | <b>Dr. Aswin Jothy</b><br>Satellite Psychiatric | Government Hospital,<br>Cuddalore                |
| 3     | <b>Mrs. Durga</b><br>Social Worker              | Cuddalore<br>Cuddalore District                  |
| 4     | <b>Thiyageswari</b><br>Inspector of Police      | Anti Drug Wing<br>Virudhachalam                  |
| 5     | <b>Dr. Priyanka</b><br>Psychologist             | Government Hospital<br>Cuddalore                 |
| 6     | <b>Dr. Kalaivendhan</b><br>Dentist              | Chief, Tobacco Free Society<br>Vinayaga Hospital |

## FACILITATORS

| Sl.No | Name and Designation of the Facilitators   | Address                            |
|-------|--------------------------------------------|------------------------------------|
| 1     | <b>Dr. S. Vasanthi,</b><br>Senior Lecturer | DIET Vadalur<br>Cuddalore district |

|   |                                        |                                                       |
|---|----------------------------------------|-------------------------------------------------------|
| 2 | <b>Mrs. Manjula,</b><br>PG Assistant   | Government Model Higher<br>Secondary School, B.Mutlur |
| 3 | <b>Mr. R. Abishek,</b><br>PG Assistant | Jawahar Matric Higher Secondary<br>School, B.Mutlur   |
| 4 | <b>Dr. R. Amutha</b><br>Vice Principal | DIET Vadalur<br>Cuddalore district                    |

## 6. TIME TABLE

**Time Table.****ROOM NO.1**

| Time               | Session     | Topic                                                                     | Experts/ Resource Persons                  |
|--------------------|-------------|---------------------------------------------------------------------------|--------------------------------------------|
| 9.30 – 10.00 AM    |             | Registration                                                              |                                            |
| 10.00 – 11.30 AM   | Session I   | Understanding Addiction & Substance Use in Students                       | ANANTHAPADMANABAN<br>SL,DIET               |
| 11.30 – 11.45 AM   |             | Tea Break                                                                 |                                            |
| 11.45 AM – 1.00 PM | Session II  | Early Intervention and Support Mechanisms & Drug free Tamil nadu          | KALAIYARASAN DSP<br>&D.DEVARAJAKUMARI,DIET |
| 1.00 – 2.00 PM     |             | Lunch Break                                                               |                                            |
| 2.00 – 3.30 PM     | Session III | Psychological Aspects: Promoting Life Skills for Substance Use Prevention | N. PRAVEENA<br>DISTRICT PSYCHIATRIST       |
| 3.30 – 3.45 PM     |             | Tea Break                                                                 |                                            |
| 3.45 – 5.15 PM     | Session IV  | Formation of Anti-Drug Club (ADC) & School Action Plan                    | Ramachandran PG Asst                       |

**HALL NO. 2**

| Time               | Session     | Topic                                                                                                                         | Experts/ Resource Persons                              |
|--------------------|-------------|-------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|
| 9.30 – 10.00 AM    |             | Registration                                                                                                                  |                                                        |
| 10.00 – 11.30 AM   | Session I   | Psychological Aspects: Promoting Life Skills for Substance Use Prevention Understanding Addiction & Substance Use in Students | Dr. N. PRAVEENA<br>DISTRICT PSYCHIATRIST               |
| 11.30 – 11.45 AM   |             | Tea Break                                                                                                                     |                                                        |
| 11.45 AM – 1.00 PM | Session II  | Formation of Anti-Drug Club (ADC) & School Action Plan                                                                        | Ramachandran PG Asst                                   |
| 1.00 – 2.00 PM     |             | Lunch Break                                                                                                                   |                                                        |
| 2.00 – 3.30 PM     | Session III | Early Intervention and Support Mechanisms & Drug free Tamil Nadu                                                              | M.KALAIYARASAN DSP<br>&D.DEVARAJAKUMARI,DIET           |
| 3.30 – 3.45 PM     |             | Tea Break                                                                                                                     |                                                        |
| 3.45 – 5.15 PM     | Session IV  | Understanding Addiction & Substance Use in Students:                                                                          | Ramachandran PG Asst<br>M.ANANTHAPADMANABAN<br>SL,DIET |

## 7. Session wise Report

The State Council of Educational Research and Training (SCERT) and the Department of School Education companionly organized a District Level Anti-Drug Awareness Training

programme. The first day of the training commenced on 04.02.2026 at the District Institute of Education and Training.

At the inaugural function, the Principal of the District Institute of Teacher Education and Training, Dr. G. Palani, delivered the presidential address. Following this, the Vice Principal, Dr. R. Amudha, delivered the special address. Dr. S.Vasanthi, who served as the Coordinator and Resource Person of the training programme, explained the objectives of the training to the participants during the inaugural session. Subsequently, then the training programme officially began. Teachers from various levels participated in the training programme, representing the blocks of Bhuvanagiri, Kurinjipadi, Kattumannarkoil, and Cuddalore. The training was conducted in five sessions.

### **FIRST SESSION**

Dr. Aswin Jothi, Satellite Psychiatrist, Government Hospital, Cuddalore, delivered a detailed talk on drug abuse awareness, methods of prevention, and the necessary counselling approaches. He also shared real-life case experiences of students to whom he had provided counselling. Furthermore, he explained about the helpline number 14416 for seeking assistance, including how to use the number and where it should be displayed within schools. Dr. Aswin session greatly motivated the participants and created strong awareness about drug prevention.

### **SECOND SESSION**

Government School Teacher Mrs. Manjula delivered a detailed presentation on drugs, providing examples and explaining the symptoms experienced by users. She also elaborated on the harmful effects and consequences of substance abuse. After her presentation, she distributed activity sheets and conducted an interactive question session. She encouraged teachers to discuss the questions among themselves and later explained the answers clearly to the group.

### **THIRD SESSION**

Inspector Pandi Selvi from the Kullanchavadi Police Station in Vadalur delivered her address. In her speech, she clearly explained how students are affected by drug abuse and described the various measures taken by the police department to protect them. She also highlighted the serious social consequences caused by drug abuse, supporting her points with appropriate

examples. Her speech greatly inspired the participants. She beautifully emphasized that society cannot be reformed merely with a baton (force), but true reform must come through guidance and moral discipline.

#### **FOURTH SESSION**

Mr. Abishek explained how to establish an Anti-Drug Club (Drug Awareness Committee) in schools. He provided detailed guidance on how to prepare reports related to the club's activities. He also elaborated on the various types of activities that can be organized for students to create awareness about drug prevention. Additionally, he clearly explained the proper method of preparing activity reports based on the programmes conducted to promote awareness.

#### **FIFTH SESSION**

Dr. Vasanthi, Senior Lecturer at the District Institute of Teacher Education and Training, delivered a detailed presentation. She explained the circumstances that lead students to become addicted to drugs and provided guidance on how to identify students who may be using substances. She also spoke about how to detect such students and the appropriate steps to help and rehabilitate them. Furthermore, she explained how life skills can support students in overcoming substance use. In particular, she emphasized three important life skills — self-awareness, refusal skills (the ability to say “no”), and emotional management skills. She clearly explained to teachers how these three essential skills can be developed among students to prevent drug abuse and promote healthy behaviour.

### **8. Photos**



A. Palanivel.  
Solathuram.  
6383741384

மேலான மானம் தர்ப்பு மற்றும் அங்கீகரிக்கப்பட்ட  
சான்றிதழ் 16.02.2026 இன்று உத்தரவிடப்பட்டிருக்கிறது -  
கருவிகளை பற்றி சிறப்பாக இருந்தது.

கருவிகளை Dr. அனந்தன் அனந்தன் மீது  
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16/02/28