

Three-day Capacity building program for Social Work Students on Prevention of Drug Abuse

Introduction

Structure of the Programme

This was a three-day capacity building training programme for the Social Work students of the Central University of Kerala; organized by Student counselling centre with the support of National Institute of Social Defense at the Central University of Kerala.

The program started with the inaugural function. Dr Laxmi, Assistant professor, department of social work and co-ordinator of student counselling center at the Central University of Kerala welcomed the gathering. Dr Mohan A K Head of the Department, Department of Social Work presided the inaugural ceremony. Prof. K Jayaprasad, Pro Vice-Chancellor, Central University of Kerala inaugurated the three-day capacity building programme for social work students of the Central University of Kerala. Dr A Manickvelu, Dean of students welfare, CUK felicitated the inaugural ceremony and Research Scholar Mr Jayachandran M. R delivered the vote of thanks.

The first day of the workshop addressed counselling, counselling skills, ethics in counselling and the essential qualities of a counsellor, and school counselling. On the second day, case discussion on areas of counselling required in school counselling, addiction types, causes, impact (physical physiological, familial and social, introduction to NDPS act 1985. Finally, on the third day, training on addiction counselling, behaviour modification theory and its application in addiction counselling, De-addiction counselling process and significant others, the importance of conducting drug awareness programme in the community, was followed by valedictory function and certificate distribution.

Participation

All participants of the workshop were Social Work students of the Central University of Kerala. It's expected that participants on completing their course, can create positive change in the lives of the individuals who are affected by drug abuse.

Capacity building programme

The capacity building programme was divided into different sessions based on an ascending nature. The topics were handled by eminent resource persons. Most of the sessions were of activity-based and interactive.

Day One - Capacity building programme (24th September 2018)

Inaugural ceremony

Dr Laxmi, Co-ordinator of student counselling centre, CUK marked the opening of the three-day capacity building training programme, with a welcome address. Dr Radhakrishnan Nair, Registrar of the Central University of Kerala presided the inaugural ceremony. Prof. (Dr.) G. Gopa Kumar inaugurated the three-day training programme. Dr A Manickavelu, Dean of student welfare felicitated the gathering. The inaugural ceremony was concluded with the vote of thanks proposed by Mr Anoop C Choolayil research scholar, Department of Social Work.

Dr Mohan A K, Head of the Department, Department of Social Work, Dr Dilip Diwakar G, Dr Jilly John faculties of Department of Social Work, MSW students and Research scholars of the Department of Social Work, were also part of the programme.



Training Session

Session One & Two

The first session started with an introduction to counselling, and the skills needed for counselling. Mr Prakasha Amin handled the session covering the topics like, what is

counselling, counselling and empathy, who is a client and who is a counsellor, Acquainting, assessment, analysis, active and passive listening, types of listening, diagnosing, NLP, Neurosis, Hysteria, empathy, paraphrasing, reinforcement.

Session Three

Session three was conducted by Dr Akshatha Karanth, who is an assistant professor of SDM college with rich research experience in school counselling led the training session, on ethics in counselling, the essential qualities required for a counsellor and the importance of school counselling. Training session started with an activity to understand the importance of listening.



Subsequently, the trainer discussed on the ethics that should be abided by social workers which include maintaining confidentiality and when to breach confidentiality, case discussion on breaking confidentiality, autonomy (principle of Self-determination), non- maleficence, justice, self-respect, boundaries of counselling, relationship with the former client, termination and referral.

Day two- capacity building training programme (25th September 2018).

Mrs Sunila Purushotham, a school counsellor in Mangalore with more than 17 years of experience in school counselling, in the first session dealt the Areas of counselling required in the school setting through case discussion. Different cases ranging from alcoholism, substance abuse, porn addiction and similar habitual addiction, IQ related issues, peer and parental causes which result in dependency on drugs and alike were discussed, along with the techniques used by the trainer for resolving the problem.

The second session was handled by Mr Nirmal Kumar N, HRD trainer, Kasargod, on Addiction, types of addiction and its causes, the impact of addiction on children and their immediate environment, physical, psychological social, the familial impact of addiction. Issues in the communication and stages of dependency towards substance addiction were discussed in detail through activity based session

The third session was handled by a senior advocate of Kasargod, Adv. Madhavan Mankad on legal provisions in India to combat substance abuse; Narcotic Drugs and Psychotropic Substances Act 1985. Q and A session were followed by the training session.

Day three -Three-day capacity building program (26th September 2018).

The first session was dealt by Mr Joseph Antony, Mark and Phil Associates on Addiction counselling and its importance. The training session was started with the logic behind giving importance to substance abuse as the main subject of Addiction. Mr Joseph Antony also covered wide areas of Addiction counselling, pre-requisites for a counsellor, application of behaviour modification therapies in addiction counselling,



The second session was conducted by Mr Prakasha Amin on De-addiction counselling – process and counselling significant others. The approaches a counsellor should follow especially in addiction counselling.



The third session was dealt with by Dr Dilip Diwakar G, Assistant Professor, Department of Social Work, Central University of Kerala, on the importance of conducting drug awareness programmes in the community. Role of Social Worker in combating drug abuse in the community level, need of multifaceted intervention for addressing the issue of drug abuse in community and importance of community empowerment as an approach for drug abuse were discussed in detail with the students.

The valedictory function was presided by Dr Mohan A.K, Head of the Department, Department of Social Work. Dr Manickvelu, Dean of Student welfare felicitated the valedictory function, Dr Laxmi proposed the vote of thanks and certificates were distributed to the participants of the programme, which put an end to the Three Day capacity building programme for school counsellors on the prevention of Drug Abuse.



