

# Training Report

*“Guru Shiksha”*

Three-Day Teacher Training Program



**Ampara District**

Sammanthurai and Kalmunai educational zones

29<sup>th</sup>, 30<sup>th</sup> & 31<sup>st</sup> of July 2025

**National Dangerous Drugs Control Board**

**Ministry of Health**

**Ministry of Education**

# Report on the "Shiksha" School-Based Drug Prevention Teacher Training

**Report Prepared for:** Concerned Stakeholders and Educational Authorities

**Date of Report:** August 2, 2025

**Program Name:** Shiksha: School-Based Drug Prevention Teacher Training

**Venue:** Sarvodaya Training Center, Chaththurukondan, Batticaloa

**Dates:** July 29, 30, and 31, 2025



## 1.0 Executive Summary

This report details the successful execution of a three-day residential teacher training program on school-based drug prevention, branded as the "Shiksha" program. Held from July 29th to 31st, 2025, at the Sarvodaya Training Center in Chaththurukondan, Batticaloa, the program targeted appointed counseling teachers and ISAs from the Sammanthurai and Kalmunai educational zones. Out of 50 invited participants, 44 attended, demonstrating a strong commitment to addressing drug-related challenges within the school system. The program's effectiveness was validated by a significant increase in participant knowledge, as measured by a pre-test and post-test, and was further affirmed by highly positive feedback regarding the usefulness and practical applicability of the training modules.



## 2.0 Introduction

The rise of substance abuse, particularly among adolescents, presents a significant challenge to youth development and public health. Recognizing the pivotal role of educators in this context, the "Shiksha" program was designed to empower school-based personnel with the necessary knowledge and skills to implement effective drug prevention strategies. This training was a crucial step towards building a resilient and informed educational community capable of supporting students and mitigating the risks associated with drug use. By focusing on evidence-based practices and foundational counseling skills, the program aimed to create a network of peer prevention supporters among teachers who could act as primary agents of change within their schools.



### 3.0 Program Objectives

The key objectives of the "Shiksha" program were to:

- Provide a comprehensive introduction to evidence-based drug prevention methodologies.
- Enhance participants' understanding of adolescent psychology, development, and risk factors.
- Equip teachers with fundamental counseling skills to effectively communicate with and support students.
- Deepen knowledge of the science behind addiction to enable a more informed and empathetic approach.
- Explore learning and development theories relevant to implementing school-based interventions.
- Guide participants through the practical implementation cycle of a school-based drug prevention program, from planning to evaluation.





#### **4.0 Participants and Logistics**

The program was a residential, three-day event to ensure full immersion and continuity of learning. Fifty counseling teachers and ISAs from the Sammanthurai and Kalmunai zones were officially invited. A total of 44 teachers participated, showing a dedicated turnout despite the demanding schedule. The training was conducted entirely in Tamil, which facilitated a comfortable and effective learning environment for all participants, allowing for nuanced discussions and a deeper understanding of the complex topics covered.



#### **5.0 Training Methodology and Curriculum**

The "Shiksha" program's success was largely due to its well-designed and interactive training methodology. The facilitators employed a combination of instructional techniques to cater to different learning styles and ensure a dynamic and engaging experience for all participants.

## 5.1 Teaching Methods

The training utilized a hybrid approach that included:

- **Lectures with Multimedia Presentations:** Expert-led sessions were supported by visual aids, including slides, charts, and short videos, to illustrate complex concepts and data on drug prevention.
- **Group Work:** Participants were divided into smaller groups to collaborate on case studies, problem-solving exercises, and practical scenarios. This fostered peer learning and encouraged the application of theoretical knowledge to real-world situations.
- **Discussions:** Open forums and Q&A sessions were a core component, allowing teachers to share their experiences, raise concerns, and seek clarification from the resource persons. This created a highly interactive and participatory atmosphere.





## 5.2 Topics Covered

The curriculum was carefully structured to build from foundational knowledge to practical application. The following topics were covered over the three days:

- **Evidence-Based Prevention Introduction:** This module introduced the concept of data-driven prevention strategies, highlighting the importance of using scientifically validated methods rather than anecdotal or unproven approaches.
- **What is Adolescence?** This session focused on the unique psychological, social, and biological changes that occur during adolescence, providing teachers with a deeper understanding of the target demographic and their specific vulnerabilities.
- **Basic Counselling Skills:** Participants were trained in foundational communication skills, including active listening, empathetic responding, and non-judgmental questioning, which are essential for building trust with students.
- **Science of Addiction:** This module demystified addiction by explaining its neurobiological basis. It covered topics such as brain chemistry, tolerance, withdrawal, and the factors that contribute to dependence.
- **Learning and Development Theories:** The training connected developmental psychology to educational practice, helping teachers understand how student behavior, motivation, and learning are intertwined with drug prevention strategies.
- **Implementing Cycle:** The final module provided a practical framework for designing, executing, and evaluating a school-based drug prevention program, empowering teachers to become leaders in this area.



## 6.0 Resource Persons

The program benefited from the expertise of two highly qualified resource persons who led the sessions with passion and knowledge.

- **Mr. M.M.G.B.M. Rashad:** Assistant Drug Education and Information Officer, brought valuable experience and a practical perspective on drug prevention and education.
- **Ms. Sheefa Ibrahim:** Counselling Assistant, provided specialized insights into counseling techniques and student support, complementing the theoretical knowledge with hands-on skills.

Their collaborative effort ensured that the program was both informative and highly relevant to the participants' roles.





## 7.0 Evaluation and Outcomes

The "Shiksha" program utilized both quantitative and qualitative methods to assess its impact. The results demonstrated a clear success in achieving its core objectives.

### 7.1 Quantitative Analysis

To measure the knowledge gain, a pre-test was administered at the beginning of the program and an identical post-test at its conclusion. The results were as follows:

- **Average Pre-Test Score:** 58%
- **Average Post-Test Score:** 78%

This **20-point increase** in the average score is a statistically significant indicator of the program's effectiveness in developing the participants' knowledge base. It provides compelling evidence that the training successfully transferred critical information and concepts to the attendees.

### 7.2 Qualitative Feedback

The feedback received from the participants was exceptionally positive. During the final session, teachers commented that "all the knowledge gained was very useful" and directly applicable to their work with students. The high level of engagement was further demonstrated by the fact that many participants asked "equations" (likely meant to be "questions") throughout the sessions, showing a keen interest in the material and a desire for deeper understanding. This level of inquiry is a strong qualitative indicator of a successful training program.



## 8.0 Conclusion and Recommendations

The "Shiksha" teacher training program was a resounding success. It not only fulfilled its objectives but also surpassed expectations by significantly improving the knowledge base of the participating teachers and motivating them to apply their new skills. The combination of expert resources, a well-rounded curriculum, and a dynamic teaching methodology created an ideal environment for professional development.

To build on this success and ensure the long-term sustainability of the program's impact, the following recommendations are made:

1. **Follow-up Sessions:** Organize a one-day refresher course or a follow-up meeting within six months to allow participants to share their experiences and address new challenges.
2. **Resource Dissemination:** Provide participants with additional resources, such as a digital library of drug prevention materials, case studies, and contact information for further support.
3. **Formal Network:** Facilitate the creation of a formal network or online group for the trained teachers to collaborate, share best practices, and provide ongoing peer support.

By taking these steps, the "Shiksha" program can evolve from a one-time training event into a cornerstone of a sustainable, school-based drug prevention framework for the Sammanthurai and Kalmunai zones.



## Affixture 01

### Name list of the participants

No	Name	Name of the School	Contact number
01	T.Ayinkaran	Km/Pandiruppan M.V	0752773715
02	V.Kathirakanathan	Km/Shanmuga Maha Vidyalayam	0779584004 0767501968
03	K.Kopinath	Km/Ramakrishna Maha Vidyalayam	0756567783
04	S.Sulogini	Km/Navithanvely Aanramalai M.V	0775296264
05	Noor Shamila	Km/Al – Marjan MCC	0771589746
06	M.A.S.Risana	Km/Al – Ameer Vidyalaya	0778895361
07	A.Habeeba	Km/Dharussalam M.V	0773587284
08	M.A.Kanzeela Ummah	Km/Al – Azhar Vidyalaya	0775385303
09	Fathima Farwin	Km/ Al – Ameer Vidyalaya	0775940271
10	Mrs.S.R.Sellor	Km/ Navithanvely Aanramalai M.V	0764796846
11	Mrs.MB.S.Farwin	Km/Al – Munur Vidyalaya	0760118627
12	Mrs.AR.Fathima Siyama	Km/Saboor Vidyalaya	0752447638
13	Miss.Fathima Hafeena	Km/St Sennel Zahira M.V	0762360581
14	Mrs.Kanzul Munaja	Km/ Sammanthurai MMMV	0771618004
15	Mr.M.L.M.Zahira	Km/Al – Arsath M.Vidyalaya	0741201962
16	Mrs.AGI.Nasmila	Km/Al – Ashraff Maha Vidyalaya	0755605590
17	Mrs.AMF.Shifana	Km/Malharus Shams M.V	0779509002
18	Mrs.Z.A.Fathima Sameera	Km/Zahira College, Kalmunai	0761538481
19	Mrs.MN.Hizora	Km/Carmel Fathima College	0754266193
20	Mrs.W.Rusmin	Km/Al – Alnan Vidyalaya	0760116190
21	Mrs.AM.Janoon	Km/Al – Bahriyn M.V	0772240921
22	Mrs.NSM.Rajath	Km/A – Hamra Vidyalaya	0758477845
23	Mrs.Fathima Irfana	Km/Arafa Vidyalaya	0754298510
24	Mrs.R.Nisma	Km/Al – Hikma Junior School	0773241355
25	Mrs.Ansar Raza	Km/ Akbar Vidyalaya	0770278111
26	Mr.N.Kodiswaran	Km/Carmel Fathima College	0768659448
27	Mrs.A.Nasooaha	Km/Al – Manar Central College	0777036820
28	Mrs.A.Sameema Jameel	Km/ Al – Mina Vidyalaya	0779123230
29	AHM.Savahir	ZEO,Sammanthurai	0774102321
30	Mrs.WS.Thowfeek	Km/Al – Matheena Maha Vidyalaya	0764124944
31	Mr.A.M.Faisul	Km/Veerathidal Al – Hidayam.V	0769069515
32	Mr.I.Mohamed Ilmy	Km/Al – Ashraf C.C.(NS)	0757286774
33	Mr.M.Ansahan	Km/As – Shafa Vidyalaya	0761792304
34	M.Majeed	Km/Al – Mazhar GHS	0778700010
35	Mr.UKM.Mubarak	Km/Al – Jalal Vidyalaya	0772343338
36	Mrs.AL.Jazeela	Km/Al – Mazhar Girls High School	0783659036
37	Mr.E.A.Muneer	Km/Shams Central College	0773408282
38	Mr.M.C.Hijaz	Km/Islambath Muslim Vidyalaya	0755195545
39	Mr.M.S.M.Lizam	Km/Al – Misbah M.V	0776503241
40	US.Safeel	Teacher Advisor ZEO, Kalmunai	0754802748
41	S.Pavithiran	Km/Vipukanda Ce.K.F	0771971377

42	S.Suthan	Km/Veerathidal AI - Hi	0757687182
43	K.Thinesh	Km/Ranamadu H.C	0767019130
44	M.H.M.Anyer	ZEO,STR	0776578212