

Training Report

“Guru Shiksha”

Three-Day Teacher Training Program



Kurunagala District

Kurunagala and Giriulla Education Zonal
22nd, 23rd & 24th of July 2025

**National Dangerous Drugs Control Board
Ministry of Health
Ministry of Education**

Introduction

Drug abuse is a global health problem, and according to the 2024 statistics of the United Nations Office on Drugs and Crime, 296 million people have ever used illicit drugs. This figure includes the age group of 14 to 64 years. These drugs include heroin, methamphetamine, cannabis and other substances. In addition, according to World Health Organization estimates, 8.7 million people are expected to die from tobacco-related products in 2024, and another 2.8 million are estimated to have died from alcohol.

Looking at the nature of the drug problem in Sri Lanka, data from the Research Division of the National Dangerous Drugs Control Board confirms that there are about one hundred thousand heroin users, about three and a half hundred thousand cannabis users, and another sixty thousand methamphetamine users. These figures are approximate estimates and these values may be higher. However, when looking at the data on the use of tobacco-related products and alcohol-related products, which are considered gateway drugs, these values show a trend of several hundred thousand.

When looking at the drug use trends of school children and their predisposition to them, it is necessary to consider the environmental, biological and chemical factors that make school children especially interested in drug use. However, research confirms that the onset of drug use in school children still occurs with the onset of tobacco and alcohol use, but there is also evidence that this situation is gradually starting with the onset of pharmaceutical drug abuse.

When the nature of the problem is further examined, clear differences in the practices of urban, semi-urban and rural schools can be seen. Furthermore, there are many significant issues regarding the physical facilities available in schools, the segregation of boys and girl's schools, and school drug prevention and detection. The program to train teachers as trainers on school drug prevention was initiated by the Prevention, Education and Training Division of the NDDCB from the year 2019.

Substance abuse among school-aged children and adolescents has become a pressing global concern. While the specific patterns of use may vary between countries and communities, the underlying risks—such as health deterioration, academic underachievement, behavioral problems, and long-term addiction—are universal. The school years represent a critical developmental stage where young people are highly impressionable, forming their personal values, social networks, and coping mechanisms. During this period, exposure to drugs, alcohol, tobacco, and other addictive substances can have long-lasting consequences.

Schools, being structured environments where students spend a significant portion of their day, have an unparalleled opportunity to influence healthy behaviors. Teachers, as the frontline educators and role models, are in a unique position to identify risk factors, guide students towards healthy decisions, and intervene early. However, fulfilling this role effectively requires targeted training in substance abuse prevention—not merely as an add-on to their teaching duties, but as an integrated part of their professional skill set.

Research has consistently shown that teachers are among the most influential adults in a child's life, second only to parents and guardians. Their influence operates on multiple levels:

- **Modeling Behavior:** Teachers' own attitudes toward substances—both in personal conduct and in classroom messaging—shape students' perceptions.
- **Creating a Safe Space:** Students are more likely to confide in trusted teachers when they are struggling, whether with academic issues, family problems, or substance-related pressures.

- Integrating Prevention into Everyday Learning: Teachers can embed prevention themes into lessons, discussions, and classroom culture without making it feel like a detached or preachy “special topic.”

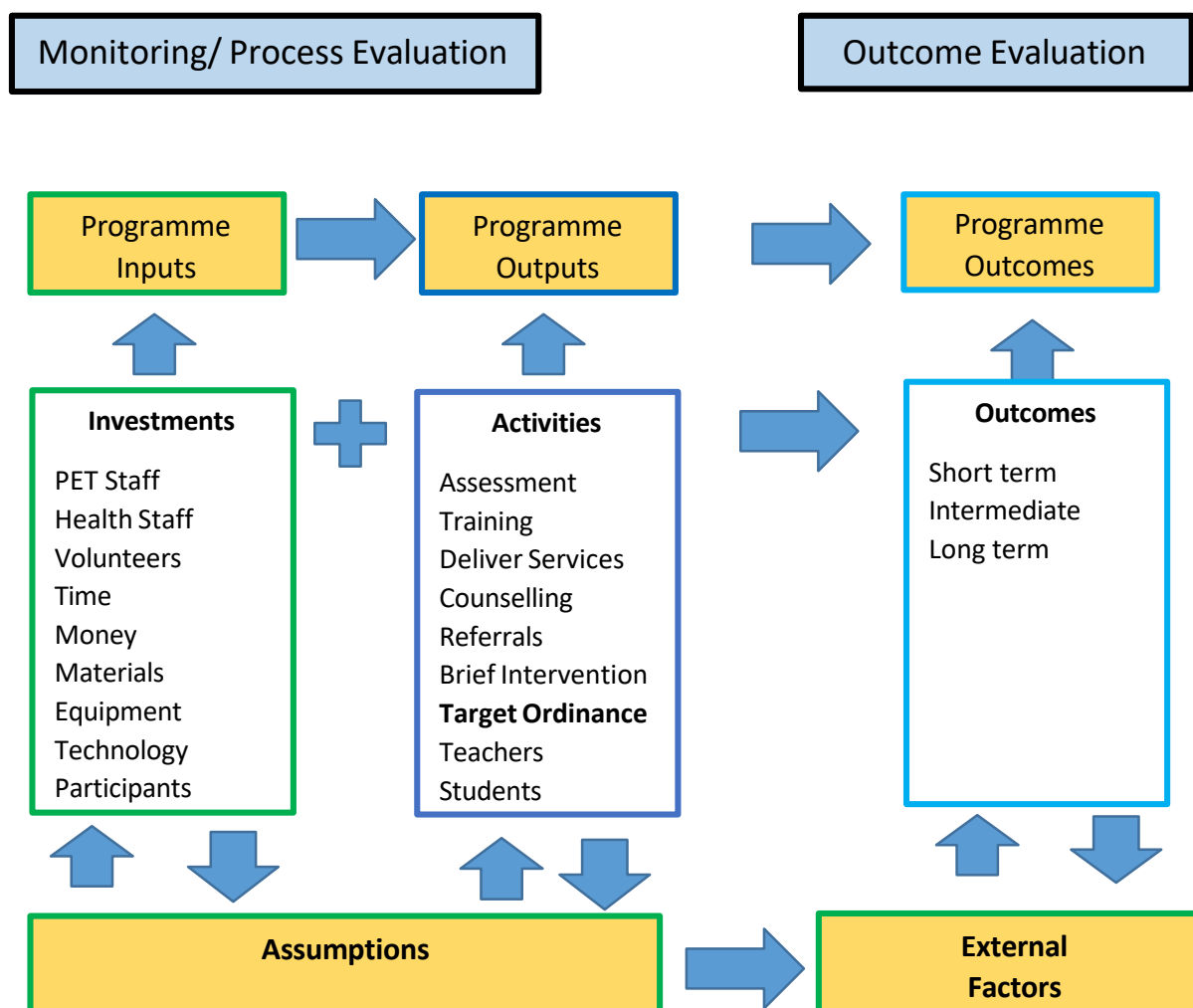
Training enhances these capacities by providing teachers with evidence-based prevention approaches, cultural competence, and communication techniques that resonate with students’ realities

Methodology

The implementation of the program is in accordance with the above-mentioned Implementation Circle and the needs assessment has been completed. Further, a training for trainers is expected to be conducted and a volunteer team is also expected to be involved in it. Then, the training materials of the program will be created by localizing the main parts of the global evidence-based and scientific variables and these training materials will be created to facilitate the training of the participants and to carry out the sessions and activities in the schools after the training.

The evaluation of the program's results will be carried out for the same phase of the Implementing Circle and also after implementation. This evaluation of results will consist of three parts, which are:

1. Short-term evaluation of results
2. Intermediate evaluation of results and,
3. Long-term evaluation of results.



Expected Outcomes and Goals

Further, the short-term outcomes of the training will be based on the direct evaluation of the trainees and the contributions and observations of the training. As an intermediate outcome, the trainees will work with other teachers in their schools within six months of the training to revise classroom management and school policies or strengthen existing drug prevention policies in the school. In addition, teachers will undertake drug prevention and skills training in conjunction with the curriculum for school children.

The long-term results are very broad and as a result of the continuous implementation of the program, the classroom participation of school students will increase, the number of students who finish school early will decrease, and the school premises and surroundings will become a very safe and secure place for the education of students.

The success of the project will be measured in the following way, among the further expected goals.

1. Students' academic, extracurricular activities and other subject-related activities will increase. This will be noticeable both on and off school. Schools will become an environment where students learn with great love and affection, and students' interest in school education will increase.
2. Both teachers and students will work with a sense of mutual understanding and empathy, and the children will openly and fearlessly discuss their attitudes towards antisocial behavior and drug use with the teachers.
3. The desire of children to join the school increases, and children are not exposed to violence and bullying in the school environment, and the school environment will create a sense of security for children. As a result, children will engage in school activities and classroom activities with a free mindset, and will avoid unfriendly behaviors including tobacco, alcohol and drug use in extracurricular activities related to school.
4. Teachers will be positive role models for their children because they understand the physical, mental, and social consequences of substance abuse. In addition, they will not prescribe vitamins, hormones, or anabolic steroids for sports such as track and field, athletics, and gymnastics without medical advice.
5. Since drugs and other wrongdoings are not encouraged, the discipline of school students will be developed and they will become positive role models for their fellow students in the lower grades. In addition, they will no longer make decisions based on incorrect information because they will have a better understanding of the deceptive and untruthful information surrounding tobacco, alcohol, and drug use.
6. Ultimately, the drug use of school children will decrease, and in the development of children's knowledge, skills and attitudes, they will be a drug-free group, and we expect this project to reduce the current trends in school drug use by about 20% within five years. Furthermore, a network will be created that extends to properly established preventive education programs, counseling programs, brief interventions and referrals of identified students after a valid screening (proposed CRAFFT) test. Furthermore, this project will create a safe student community where the humiliation of students is minimized by maintaining the confidentiality of all this information.

Target Group

- Fifty six (56) Counselling Teachers from Kurunagala and Giriulla Educational Zonal in Kurunagala District

Date and Venue

22nd, 23rd and 24th of July 2025

- Wayaba Training Centre – Wariyapola

Training Approach

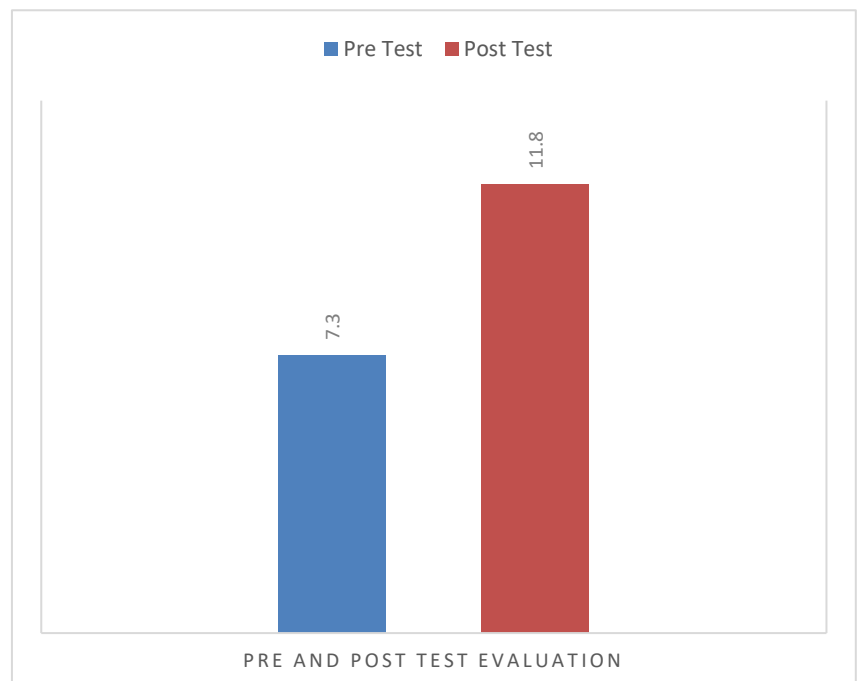
- The learning approach for the training series included
- Trainer-led presentations and discussions
- Frequent use of creative learner-directed activities, such as small-group and partner to- partner interactions
- Small-group exercises and presentations
- Reflective writing exercises
- Skills role-plays
- Periodic reviews to enhance retention; and
- Learning assessment exercises.

Training Evaluation

- Pre and Post Test
- Comment Sheets
- Participant Feedbacks

Pre and Post Test Evaluation

- Provided multiple selected questioner with 15 questions for pre and post test



Responsibility

The Chairman,
National Dangerous Drugs Control Board,
383, Kotta Road,
Rajagiriya,
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Director,
Mental Health Division,
Ministry of Health.

Operating Responsibility

Deputy Director – Preventive Education and Training,
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Funding Agency

Ministry of Health

Operational Agency

National Dangerous Drugs Control Board

Trainer Panel

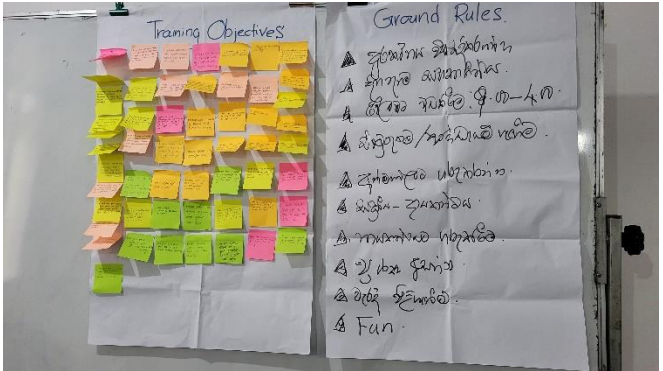
- | | |
|--------------------------|---|
| - Pradeep Koholanegedara | - Deputy Director – Preventive Education and Training |
| - J. A. I. S. Jayakodi | - Education and Information Officer & Kurunagala District Coordinator |
| - Inusha Hettiarachchi | - Education and Information Officer |
| - Priyanthi Hewage | - Assistant Education and Information Officer |
| - W. G. S. Udana | - Education and Information Assistant |

Photo Gallery

Training Inauguration



Training Orientation



Three-Day Training Program



Affixture - 01

Name list of the participants

No	Name	Name of the school	Contact Number
01	M.J.F.Faraz	Ku/ Zahira Collage	0762669001
02	K.D.P.W.S.Wickramasinghe	Ku/Sri Nishshanka C. C	0774101955
03	U.S.Wanigasekara	Giri/Numgamuwa Damsen M. M. V	0712896608
04	M.A.A.Udani	Ku/Boyagane M. V	0772444577
05	M.G.D.Priyadarshana	Ku/Udabadalawa Sudarshana Collage	0718140020
06	R.A.M.K.Amarathunga	Giri/Labbala M. V	0785895422
07	H.D.M.M.Wickramasinghe	Giri/Galgamuwa M. V	0770255111
08	B.T.G.M.D.Senarathna	Ku/Meethenwala M. V	0773866724
09	S.M.M.D.Samarakoon	Giri/Nalawwalana K. V	0789339345
10	R.M.S.P. Rathnayake	Ku/Lakdas De Mal Collage	0710139675
11	E.M.T.Gunarathne	Giri/Sri Rahula National School	0701312994
12	S.A.S.Samarawickrama	Vishvoda Collage - Kurunagala	0706061341
13	G.G.T.D Chandrasena	Giri/Kalundawa M. V	0715204403
14	A.H.Rasmila	Giri/Arakyala M. M. V	0772737015
15	S.K.Edirisinghe	Zonal Education Officer - Kurunagala	0710824053
16	I.P.Sujani Samanmali	Giri/Humbuluwa M. V	0717922008
17	H.M.C.Kumari Herath	Ku/Sri Piyaarathana M. V	0717882919
18	S.L.M.D. Sumudu Kumari	Giri/Kandunegedara Dharmapala M. M. V	0714830856
19	E.M.A.M.K.Edirisinghe	Giri/Hamangalla M. V	0719506177
20	T.R.W.Thorakumbura	Ku/Srimeedhankara M. V	0772065276
21	B.M.S.S.Balasooriya	Giri/Bopitiya M. V	0711096414
22	K.A.Madubashini	Giri/Sandalankawa National School	0715156047
23	S.C.Iresha Jeewanthi	Giri/Gamunu M. M. V	0760868083
24	M.S.Marasinghe	Giri/Boyawalana M. V	0777300734
25	D.C.Priyadarshani	Ku/Mahinda Vidyalaya	0761937972
26	L.W.A.S.Gayani	Giri/Udakekulawala M. V	0712120180
27	S.A.D.A.R.Priyanthi	Zonal Education Office - Kurunagala	0752168254
28	T.M.S.P.Thennakoon	Giri/Elabadagama Sinhala M. V	0703993538
29	J.M.N.Prasadi	Giri/Galgammulla M. V	0775039587
30	R.M.N.C.Ranasinghe	Ku/Mawathagama M. M. V	0769995740
31	I.M.D.Sandamali	Giri/Wickramashila National School	0779835308
32	S.A.C.L.Silva	Ku/Maliyadeva Collage	0777374492
33	B.V.L.P.Kumari	Giri/Nakkawatta National School	0718164076
34	S.D.A.S.Rupasinghe	Giri/Ruwangira M. M. V	0768659750
35	S.G.K.Wasanthamala	Ku/C. W. W. Kannangara M. V	0770469516
36	S.F.Irshana	Ku/Hizbullah C. C	0702887878
37	W.K.A.N.Pemadasa	Giri/Wewala M. V	0777454334
38	R.T.Mihirani	Giri/R. G. Senanayaka M. V	071 7932629
39	S.A.I.Erandi	Ku/Vishvoda Collage	0787143443
40	B.M.W.K.Senanayake	Ku/Thiragama M. V	0711567331
41	R.K.M.N.S.Rajakarunanayake	Giri/Iriyagolla M. V	0763644013
42	I.M.G.P.Illankoon	Giri/Vijayaba M. V	0705652863
43	W.K.M.P.Karunarathna	Giri/Dabadeniya M. M. V	0777410616
44	J.M.B.S.K.Jayaweera	Giri/Mayurapada C. C.	0703885005
45	S.M.D.K.Samarakoon	Ku/Dutugemunu M. V. V	0710171372
46	S.S.K.Liyanapathirana	Ku/D. S. Senanayaka National School	0773265218

47	S.N.Kanthi	Ku/Gallehera M. V	0713554736
48	J.L.Y.P.Liyanage	Ku/Thalampitiya Vidyalaya	0776244021
49	M.P.D.S.N.Darmapriya	Giri/Nadalagamuwa M. V	0704498724
50	S.D.S.M.Subasinghe	Giri/Hendiyagala Sri Rathnapala M. V	0776742998
51	H.R.S.T.Henayake	Giri/Rathnalankara M. V	0760199395
52	R.M.Sunanda Rathnayake	Ku/porapola K. V	0716046426
53	W.M.U.I.Bandara	Ku/Udabadalawa Sudarshana M. V	0764680374
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55	M.T.R.D.D.Jayasekara	Giri/Horombawa M. V	0763325607
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