

Training Report

“Guru Shiksha”

Three-Day Teacher Training Program



Kurunagala District

Nikawaratiya and Maho Education Zonal
29th, 30th & 31st 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.”

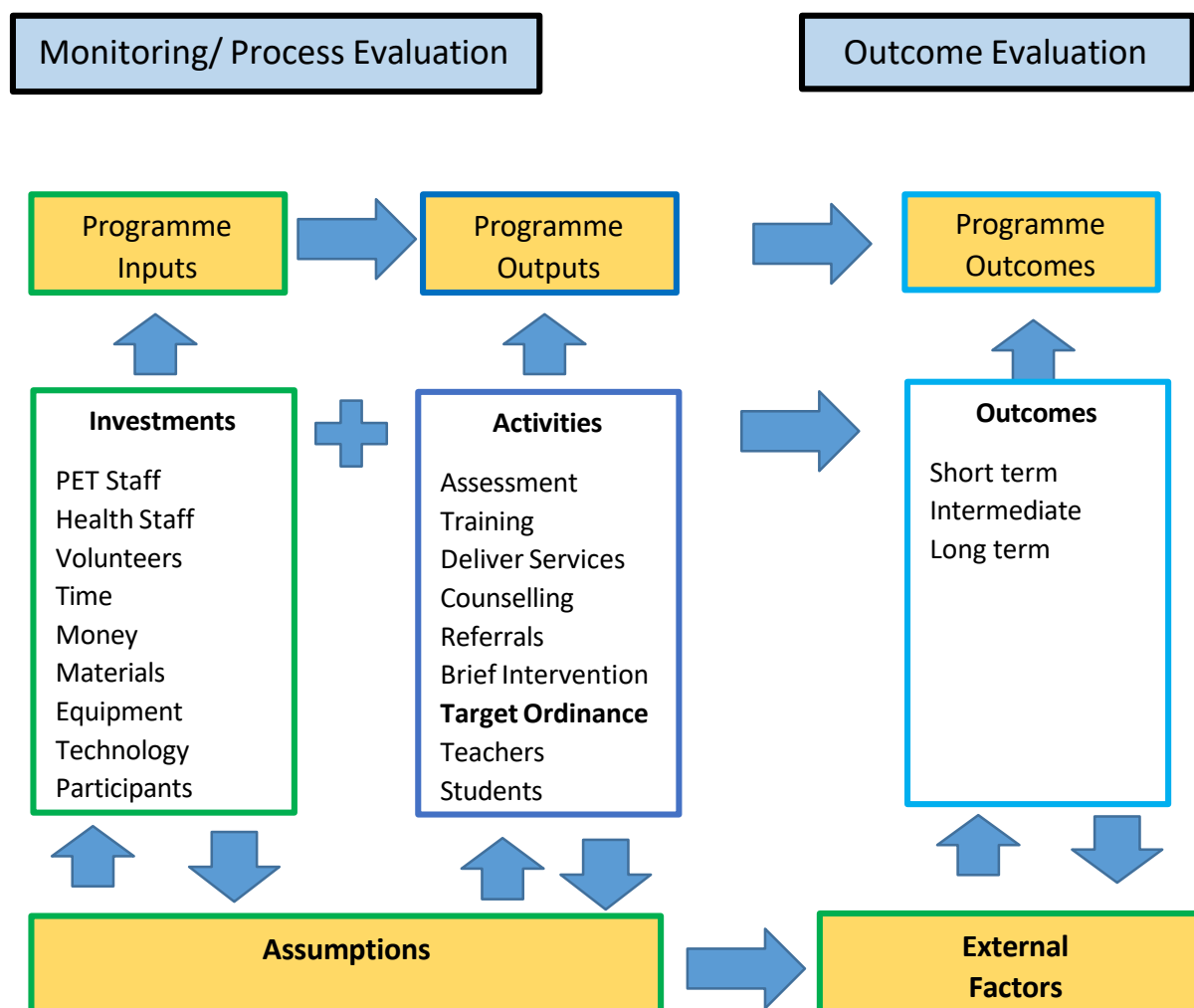
Training enhances these capacities by providing teachers with evidence-based prevention approaches, cultural competence, and communication techniques that resonate with students’ realities

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

- Sixty Three (63) Counselling Teachers from Nikawaratiya and Maho Educational Zonal in Kurunagala District

Date and Venue

29th, 30th and 31st of June 2025

- Wayaba Training Centre – Wariyapola

Training Approach

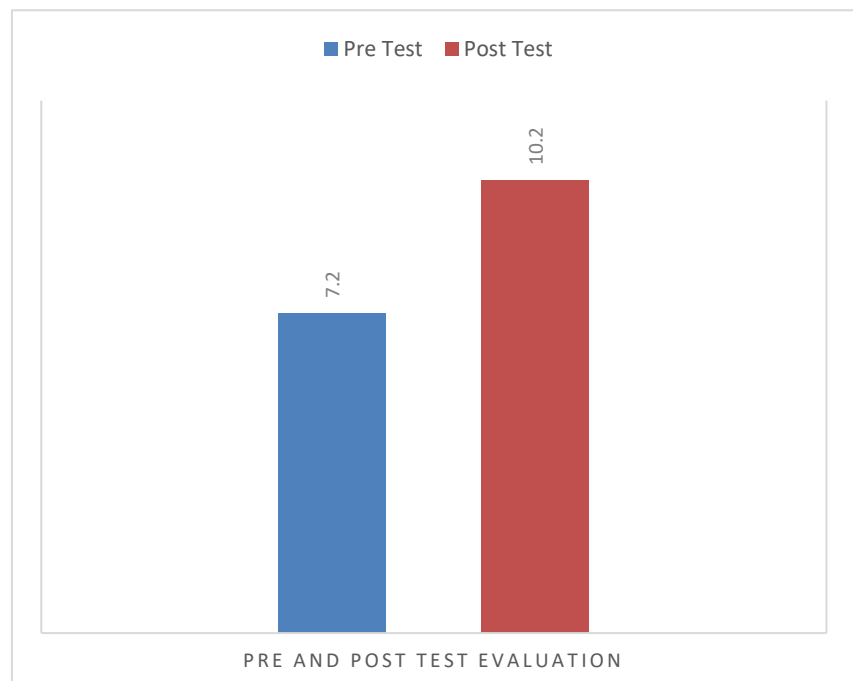
- The learning approach for the training series included
- Trainer-led presentations and discussions
- Frequent use of creative learner-directed activities, such as small-group and partner to- partner interactions
- Small-group exercises and presentations
- Reflective writing exercises
- Skills role-plays
- 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,
Sri Lanka.
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www.nddcb.gov.lk

Director,
Mental Health Division,
Ministry of Health.

Operating Responsibility

Deputy Director – Preventive Education and Training,
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+94 112 868794/95
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Funding Agency

Ministry of Health

Operational Agency

National Dangerous Drugs Control Board

Trainer Panel

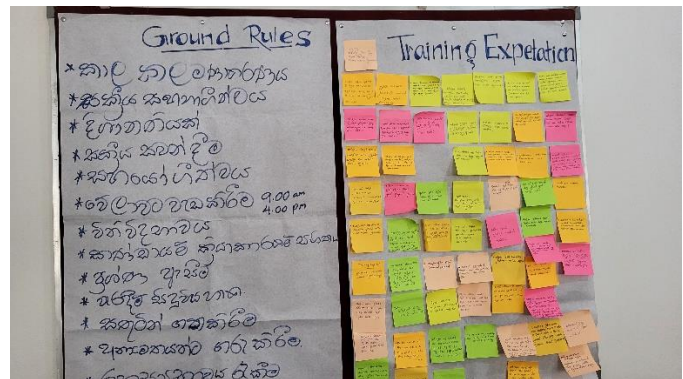
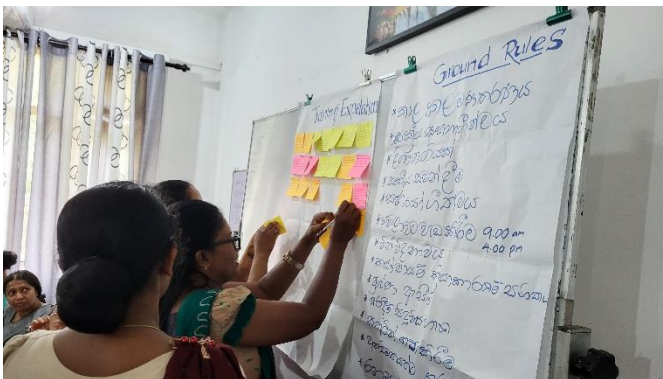
- | | |
|--------------------------|---|
| - Pradeep Koholanegedara | - Deputy Director – Preventive Education and Training |
| - J. A. I. S. Jayakodi | - Education and Information Officer & Kurunagala District Coordinator |
| - Inusha Hettiarachchi | - Education and Information Officer |
| - Priyanthi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

Photo Gallery

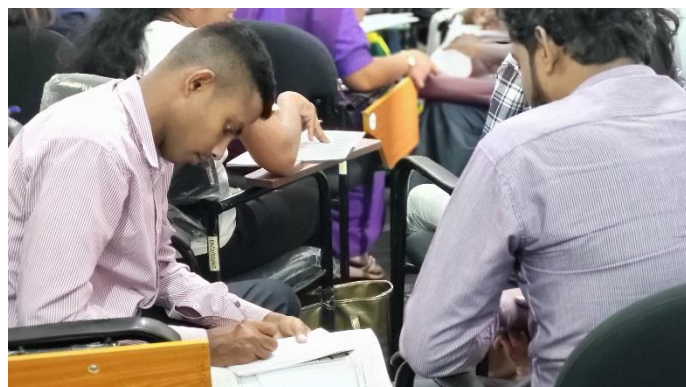
Training Inauguration



Training Orientation



Three-Day Training Program



Affixture - 01

Name list of the participants

No	Name	Name of the School	Contact Number
01	R.M.D.S.Hunukumbura	NK/Demataluwa M. V	0772078231
02	S.H.Dissanayake	M/Uduweriya K.V	0713633071
03	W.G.U.S.Kumari	M/Koonwewa M.V	0710361905
04	R.M.S.Kumuduni Rathnayaka	M/Ipalogama K. V	0742438340
05	A.K.M.Ramsan	M/Gallewa M. V	0710959545
06	A.H.M.S.Dananjali	NK/Halmillakotuwa K. V	0767876887
07	Harshani Bandara	M/Kaluwilapothana P. V	0762803871
08	K.M.G.Priyangika	NK/Kadigawa M.V	0704971105
09	M.R.R.Mohomad	M/Jagama AL Hakeem M. V	0777219278
10	E.I.M. Premarathna	NK/Kavisena Herath M. V	0703301817
11	E.Nilani Abeysinghe	M/Milewa M.V	0770589123
12	G.K.Chandani Swarnalatha	NK/Pubbiliya K. V	0712080597
13	M.M.A.L. Wijesinghe	NK/Sri Parakkrama N. C	0760819144
14	D.M.Thushari Madubasani	M/Mahanama M.V	0741038993
15	W.A.P. Fernando	NK/Sri Sumangala M. V	0711350608
16	J.M.Nilmini Jayasinghe	NK/Sri Sumangala National School	0714471527
17	S.M.S.U.Wijerathna	M/Kalugalla K. V	0701271258
18	R.D.D.P.Wijerathna	NK/Ambagaswewa M. V	0763995370
19	W.K.M.K.N.Sirinimal	NK/Girilla M. M. V	0711475613
20	H.M.S.Herath	NK/Rajabima V.	0766534110
21	W.M.D.Shashikala Wijethunga	NK/Mahakeliya M. V	0762766605
22	L.V.K.S.Darmadasa	NK/Jayanthi C. C	0719449370
23	D.M.A.H.K.Wimalarathna	NK/Sangabodhi M. M. V	0761249329
24	P.H.Inoka Niroshani Kumari	NK/Hengamuwa M. V	0714099387
25	M.M.S.N.Darmarathna	NK/Jayanthiya V.	0714139517
26	S.A.S.H.Jayamaha	NK/Vitikuliya M. M. V	0714762970
27	H.N.M.Upali Herath	NK/Sri Dheerananda M.V	0740111282
28	D.M.C.R.Dissanayake	NK/H. M. Rasnayaka M. M. V	0719064566
29	J.M.N.S.Jayalath	NK/Thumbulla M. V	0779122860
30	M.M.M.Dilani Elisabeth Fernando	NK/Gnanodaya M. M. V	0774472379
31	W.A.N.Deepika Wanasinghe	NK/Bamunugama M. M. V	0711857524
32	R.M.R.N.Senanayake	NK/Isipathana M. M. V	0717172445
33	R.M.D.K.Wijerathna	NK/Thissa M. M. V	0772250960 0718531444
34	J.M.D.Erandi	NK/Iriyagolla M. M. V	0742223376
35	H.M.A.M.Herath	NK/Hulogedara M. V	0775387908
36	W.M.D.B.Wanninayake	NK/Divullegoda M.V	0778554622
37	K.T.N.Kumarage	M/Ganekanda Primary School	0770535425
38	A.M.S.Athapattu	NK/Mahasen National School	0742827613
39	P.R.M.K.G.Rathnayake	NK/Sri Sunanda M. V	071412043
40	U.K.Wijenayake	Zonal Office - Nikawaratiya	0767047506
41	M.N.M.Naflan	M/Karambewa AL Mino M.V	0701061123
42	W.M.D.K.Priyadarshani	M/Bandaranayake M. V	0778006827
43	B.N.Madusanka	KU/Parakumpura N. S.	0716348838
44	H.M.I.M.Herath	M/Polpithigama Buwanekaba V.	0742682301
45	T.M.S.Nadeeka Sanjeewani	M/Usgala Gamunu M. V	0719430009

46	M.M.S.P.Kumari	M/Nagollagama Central Collage	0779629729
47	I.P.M.A.Sewwandi	Giri/Saliya Ashoka N. C	0768800417
48	B.M.D.K.Basnayake	M/Nikawewa D:M. M. V	0770071624
49	H.M.Nandawathi	M/Sobitha K.V	0706329632
50	S.A.C.P.Jayawardana	M/Giribawa M. V	0713947916
51	D.M.Dinitha Dissanayake	NK/Kasikote K.V	0711331000
52	R.M.C.Manel Rathnayaka	M/Embalagoda M. V	0751328052
53	I.G.A.N.Imbuldanga	M/Galpitiya K.V	0719270441
54	A.R.M.Rais	Gal/Galgamuwa M. M. M. V	0767477545
55	E.M. Prabath Janaka	NW/ Educational Development Center	0719012457
56	J.M.N.Nisansala Karunathilake	NK/Minuwangete M. V	0768409898
57	R.S.S.Wijesinghe	M/Ponnila M. V	0713154773
58	T.M.B.Thiselage	M/Modithiyagolla School	0714682847
59	W.E.P.W.Ediriweera	M/Vijayaba National School	0768784196
60	R.M.C.H.Manike	M/Siri Perakum M. V	0706706425
61	C.Hewapathirana	M/Niyadawane K. V	0717043027
62	A.M.C.S.Abeyasinghe	NK/Halambagala M. V	0778054430
63	K.M.N.P.Kuruppu	NK/Palagolla Yaya 10 M.V	0743037479