

GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI  
DIRECTORATE OF EDUCATION: SCHOOL BRANCH  
OLD SECRETARIAT: DELHI-110054


No. F. DE.23 (386)/Sch.Br./2014/895

Dated: 10.7.15

**CIRCULAR**

**Subject: - Awareness Sessions on Prevention of Substance/Drug Abuse.**

Please find enclosed herewith a copy of circular No.F.15(8)/2013/DHS/SHS/Prog./Pt.file-1/2167 dated 26.06.2015 received from Dr. Adarsh Kumar, Additional Director, SHS, Directorate of Health Services (School Health Scheme), Govt. of NCT of Delhi on the subject cited above, for further necessary action at your end.

  
(USHA RANI)  
DDE (SCHOOL)

Encl: as above

**All HOSs of Govt. & Govt. Aided/Unaided Recognized School through DEL-E**

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Copy to :-

- 1.Ps to Secretary (Education), Govt. of NCT of Delhi.
- 2.PS to Director (Education), Govt. of NCT of Delhi.
- 3.All RDEs/DDEs (District/Zone)/DEOs.
- 4.OS (IT) to please paste it on the website.
- 5.Guard file.

  
(TAPESHWAR)  
DEO (SCHOOL)



GOVERNMENT OF NCT OF DELHI  
 SCHOOL HEALTH SCHEME  
 DIRECTORATE OF HEALTH SERVICES  
 DGD BUILDING KARKARDOOMA, DELHI-92  
 Ph: 22377419, Fax 22377478 [schoolhealthscheme@gmail.com](mailto:schoolhealthscheme@gmail.com)

No.F15 (8)/2013/DHS/SHS/Prog. /Pt. file-1

Dated:

**CIRCULAR**

Substance/ Drug Abuse is a menace to our society, and a drain on our economy. It requires a holistic approach which can be achieved by generating continuous and sustained awareness about the harmful effects of Substance/ Drug Abuse.

In view of the above, awareness sessions on Prevention of Substance/ Drug Abuse are required to be carried out in all the schools, for spreading awareness in the community through school children. Awareness Sessions on Prevention of Substance/ Drug Abuse may be taken up during Morning/Evening Assemblies & Parent Teacher Meeting and routine medical screening of children.

The awareness sessions on Prevention of Substance/ Drug Abuse may include the following salient points:-

**Signs of Substance/ Drug Abuse**

- Sudden change of mood/temper, lack of appetite.
- Bouts of drowsiness and sleepiness.
- Loosing interest in studies & routine activities, deterioration in academic performance.
- Increasing demand for money/stealing.
- Untidy look, stained clothes/ handkerchief and teeth.

**What Parents Should Do**

- Caring for your children, spending time with them.
- Keep an interest in child's activities and their friends.
- Set an example yourself by not indulging in dangerous substances.
- Consult Doctor / Counselor.

**What students should do**

- Always resist peer presure.
- Always "SAY NO TO SUBSTANCE / DRUGS".
- Immediate reporting of any indulgence in dangerous to the counselor / school principal / School Health Team Members.

**National Toll Free Helpline for Prevention of Alcoholism and Drug Abuse: 1800-11-0031.**

Issued by Department of Social Justice & Empowerment. Ministry of Social Justice & Empowerment, Government of India.

**Note: Awareness Sessions report on Prevention of Substance/ Drug Abuse should reach the Monitoring Branch, SHS for compilation every month.**

District Incharges of School Health Scheme are requested to circulate this to all the teams of SHS for strict compliance

*1179/ Add Coc Bas  
30/6/15*

*1108/DHC/SHS  
11/7/15*

*Mr. Rishabh*

*B. 24/11/15*

*Adarsh*

**Dr. Adarsh Kumar  
Additional Director, SHS**

Contd..

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98/c  
No.F15 (8)/2013/DHS/SHS/Prog. /Pt. file-1 - 2167

Dated: 26/06/15

**Copy to:**

1. PA to DHS, F-17, Karkardooma, Delhi-32.
- ✓ 2. Additional Director (Schools), Directorate of Education, Old Secretariat, Delhi -54
3. All District Incharges, School Health Scheme.
4. Office Copy.
5. Guard file



**Dr. Adarsh Kumar**  
**Additional Director, SHS**