

## **TITLE OF THE PRACTICE**

## **BUDDY PROGRAM**

### **GOAL:**

The buddy program aims to prevent drug abuse among youth, particularly students by providing knowledge, inculcating behavioural skills and developing a support system for self and group monitoring in order to prevent them from falling prey to drug abuse. It is a campaign which was launched by the Government of Punjab under the name 'Tumera buddy' on 15 August, 2018. It focuses on increasing interaction among students for achieving better academic performance, for developing life skills and enabling them to lead a healthy life.

### **CONTEXT:**

The buddy program has its foundation in the terms of positivity. It seeks for peer support within the buddy group. Buddy group is a group of maximum five students which is formulated taking into account the temperament, academic performance of students etc. The senior buddy/ class teacher ensures a balanced mix of socio economic attributes amongst the students and also organises weekly interactive periods and monthly awareness periods. There is an involvement of parents in PTMs, Sports Day and Annual Day functions. Also, the senior buddies encourage participation in co-curricular activities and extra co-curricular activities. The structure of the buddy program has the Principal as the highest authority, followed by the nodal officer, parents, senior buddy and the buddy group.

### **PRACTICE:**

To implement this program at college level, the two master trainers, Dr.NirmalSinghBrar and Dr.Dalvinder Singh undertook training at MGSIPA on 07 and 08 August, 2018. Government College, Ropar, being the nodal college, the two trainers henceforth trained the representatives of all the district schools and colleges at an event organised by the District Administration. All the buddy groups and the senior buddies/ teachers also participated in the celebrations of Independence Day, 2018 with the objective of propagating social awareness. The master trainers were also assigned the duty to train the faculty members of 32 schools of the district. The college organises rallies, NukkadNataks and cultural events under the Buddy Program. Weekly classes and awareness programmes are also conducted regularly. A village named Choti Haveli has also been adopted by the college with the purpose of spreading awareness among the common public. The Panchayat of the village was also trained in this regard. The college Principal regularly meets the officials of District Administration particularly for the review of the campaign. He also interacts with the parents to make them aware of the ill effects of the drugs. The students keep an eye on each other and also make sure that nobody in the surroundings suffers from drug abuse. If at all the drug use is reported, the students are positively communicated and guided by the counsellors. The parents are also informed thereafter. The senior buddies look for physical, academic and behavioural indicators in this regard. The program empowers students and also protects them from all kind of threats by nurturing them in a holistic environment.

**EVIDENCE OF SUCCESS:**

Through success running of this programme the students were enlightened about ill effects of drug abuse

Interaction among peers increased

Students shared the information with parents which led to upward filtering

Protected and empowered the students

Improved performance in academic and co curricular activities

Healthy environment at the college

**PROBLEMS ENCOUNTERED**

Students were hostile at the beginning .

The ones involved in the problem did not respond

**RESOURCES REQUIRED**

It was totally no cost activity

**CONTACT DETAILS**

PRINCIPAL

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