

EDUCATIONAL VOCATIONAL GUIDANCE BUREAU (EVGB)
Directorate of Education, GNCT of Delhi
VIDYA SAMIKSHA KENDRA, BOULEVARD ROAD, DELHI – 110054

F. No.DE.40(20)(168)/EVGB/2020-21/Pt.-I/ 728-37

Dated : 04/05/26

CIRCULAR

Subject: Strengthening and Implementation of PRAHARI Anti-Drug Clubs in all Schools for the Academic Session 2026–27

In continuation of **Order No. F.42(15)/DE/PE&NI/Misc./2024-25/2264-74** dated **29.08.2025** regarding the constitution of **Anti-Drug Clubs** titled “**PRAHARI CLUB**”, all Heads of Schools (HoS) of Govt., Govt.-Aided and Recognized Unaided Private Schools are hereby directed to ensure effective implementation, monitoring, and strengthening of PRAHARI Clubs.

The PRAHARI Club initiative is a key component of the Government of Delhi’s vision to achieve a drug-free, safe, and inclusive school ecosystem by 2027, through preventive measures, early identification, student participation, and community engagement.

Background & Rationale

Substance abuse among adolescents is a growing concern impacting physical health, emotional well-being, behaviour, and academic performance. Schools play a crucial role in early prevention and intervention.

Conceptualized under the guidance of the National Commission for the Protection of Child Rights (NCPCR), the NCORD Committee, and the Directorate of Education, including a child-centric and preventive approach, PRAHARI Clubs aim to:

- Build awareness and resilience among students
- Create safe and supportive environments
- Encourage peer-led vigilance and responsible behaviour

Objectives of PRAHARI Clubs

1. To **spread awareness** regarding health, social, emotional, and legal consequences of substance abuse.
2. To **promote peer-led advocacy and vigilance** within the school community
3. To **identify at-risk students** and connect them with **counselling support**
4. To **encourage responsible decision-making** and **life skills** among adolescents
5. To **foster community participation** involving parents, SMCs, and local authorities.
6. **Prohibit and report** the sale and use of drugs/substances in and around school campuses.

Composition of PRAHARI Club

Each school shall constitute/restructure the PRAHARI Club with the following members:

- Head of School (Chairperson)
- Nodal Teacher In-charge (Anti-tobacco Coordinator)

- PET (Physical Education Teacher)
- EVGC / Teacher Counsellor
- Health & Wellness Ambassador (HWA)
- Minimum 10 Student Peer Mentors (from class IX and XI)
- SMC/Parent Representative

| SL. NO | MEMBERS | ROLES AND RESPONSIBILITY |
|--------|--------------------------------|--|
| 1 | Head of School (HoS) | <ul style="list-style-type: none"> • Provide leadership and ensure effective implementation. • Monitor activities and reporting of case related to substance use. • Ensure confidentiality and ethical practices. |
| 2 | Nodal Teacher In-charge | <ul style="list-style-type: none"> • Co-ordinate with EVGCs to plan and execute monthly activities. • Maintain documentation and reports • Ensure inclusive and stigma-free approach |
| 3 | EVGC / Counsellor | <ul style="list-style-type: none"> • Provide counselling support • Conduct life skills sessions and awareness sessions. • Assist in identification of at-risk students. |
| 4 | PET teacher: | <ul style="list-style-type: none"> • Promotes a healthy and active lifestyle through sports as an alternative to substance use • Conduct random peer checks and bag checking and intervene appropriately with the help of EVGCs. • Observes and monitors student behaviour to identify at-risk students • Reports concerns to HoS/EVGC and supports early intervention • Assists in organizing awareness activities like rallies and campaigns |
| 5 | Peer Mentors (Students) | <ul style="list-style-type: none"> • Act as ambassadors of awareness • Support peers through empathy and communication • Report responsibly to HOS/Nodal Teacher/EVGC/PET |

Guiding Principles

- Confidentiality must be strictly maintained
- No student shall be stigmatized or discriminated against
- Focus on prevention, awareness, and support—not punishment
- Encourage safe reporting and trust-building
- Ensure age-appropriate interventions

DETAILED MONTH-WISE ACTIVITY PLAN (APRIL 2026 – MARCH 2027)

| SL.NO | MONTH | THEMES | ACTIVITIES | EXPECTED OUTCOME |
|-------|-------|-----------------------------|---|--|
| 1 | April | Orientation & Sensitization | <ul style="list-style-type: none"> • Review and continuation of PRAHARI Club • Introductory session on PRAHARI CLUB for teachers, staffs, and students: <i>“Understanding</i> | Establishment of functional PRAHARI Club has been established with clearly defined |

| | | | | |
|---|-----------|----------------------------------|---|---|
| | | | <p><i>substance Abuse & Its impact</i></p> <ul style="list-style-type: none"> • Preparation of "My Safe School Vision Board 2027" • Identification, formation and selection of peer mentor groups. | roles and a structured action plan. |
| 2 | May | Awareness Initiation | <ul style="list-style-type: none"> • School-wide pledge for drug-free environment • Display boards/posters in prominent areas | Creation of awareness created among students. |
| 3 | June | Capacity Building | <ul style="list-style-type: none"> • Teacher & Staff training on recognizing behavioural signs of substance use | Preparation of student leaders and sensitized staff. |
| 4 | July | Classroom Engagement | <ul style="list-style-type: none"> • Assembly talk on <i>Peer Pressure and Substance Use</i> • Case study-based discussions • Weekly awareness messages during assembly | Improvement is understanding the issue with total student participation |
| 5 | August | Parent & Community Outreach | <ul style="list-style-type: none"> • Workshop on ill- effects of drugs (class 6-8 and Class 9-12) • Parenting workshop on <i>Adolescent Behaviour and warning signs</i> • Awareness pamphlets making | Strengthening of home-school partnership. |
| 6 | September | Strengthening Systems | <ul style="list-style-type: none"> • Awareness MANAS Helpline and YUVA Helpline across school • Installation of anonymous reporting/suggestion boxes • Peer mentor check-ins and reflection sessions | Active reporting and support mechanism |
| 7 | October | Creative Engagement | <ul style="list-style-type: none"> • Poster-making, slogan-writing, Bookmark making activity • Storytelling and short film creation • Art exhibition | Student expression and deeper engagement |
| 8 | November | Life Skills & Expert Interaction | <ul style="list-style-type: none"> • Life skills sessions (decision-making, refusal skills, emotional regulation) • Expert talks (Delhi Police, Psychologists, Doctors) | Skill-building and awareness of consequences |
| 9 | December | Community Awareness Drive | <ul style="list-style-type: none"> • Anti-drug rally involving students, parents, and SMC • Outreach through local | Enhanced community awareness |

| | | | | |
|----|----------|--------------------------------|--|--|
| | | | community through SMC members. | |
| 10 | January | Student Voice & Reflection | <ul style="list-style-type: none"> • Workshop: <i>Sharing Circle</i> • Competitions (poster/slogan) • Annual Showcase of Prahari Club activities (School/Zone/District level) | Youth participation and program feedback |
| 11 | February | Impact Analysis | <ul style="list-style-type: none"> • Documentation of activities • Identification of best practices • Preparation of school-level report | Evaluation and learning |
| 12 | March | Annual Reporting & Recognition | <ul style="list-style-type: none"> • Submission of annual report • Nomination for district/state awards • Reflection meeting for future improvements | Recognition and sustainability |

Compliance & Documentation

All schools must ensure:

- Proper constitution of PRAHARI Club
- Monthly activity implementation
- Installation of reporting boxes
- Display of helpline information
- Maintenance of confidential records

Reports must include:

- Activity details (date, participants)
- Photographs (JPEG format)
- Student feedback
- Certification by HoS and Teacher In-charge

Reporting Timeline (For the Session 2026-27)

| QUARTER | REPORTING PERIOD | DEADLINE | REPORT SUBMISSION |
|---------|------------------|------------|--|
| I & II | Jul – Sep | 25/09/2026 | <ul style="list-style-type: none"> • Compliance Report As per Annexure 5 – School Level • District will submit Compliance Report by to EVGB As per Annexure 1 - DISTRICT LEVEL – COMPLIANCE FORMATS • Report Submission (format will be shared quarterly) |
| III | Oct – Dec | 31/12/2026 | Report Submission (format will be shared quarterly) |
| IV | Jan – Feb | 20/02/2027 | Report Submission (format will be shared quarterly) |

Children are the future of our country and looking forward to your cooperation and support in making our educational institutions free of tobacco, narcotics or alcohol abuse.

This circular must be disseminated to all concerned staff, students, and community stakeholders and implemented with utmost seriousness in Govt., Govt-Aided & Unaided Recognized Private Schools.

All Heads of Schools are directed to ensure strict compliance and active implementation of PRAHARI Club activities. These efforts are crucial in building a safe, supportive, and drug-free educational environment.

Further, as part of strengthening the support ecosystem for students, teachers and parents with regard to achieving a drug-free Delhi by 2027, all HoSs are to ensure that **the YUVA Helpline numbers 10580 / 1800116888** are prominently displayed at key locations within the school premises, including the entrance gate, Principal's office, EVGC room, and admission area, to facilitate easy access for students and parents.

This issues with the prior approval of the Competent Authority.

- ANNEXURE 1 – DISTRICT LEVEL – COMPLIANCE FORMATS
- ANNEXURE 2 - MANAS HELPLINE – DISPLAY MATERIAL AND BROCHURE LINK
- ANNEXURE 3 - ASSESSMENT QUESTIONNAIRE FOR SUBSTANCE USE-FOR TEACHERS - BY EVGB
- ANNEXURE 4 - SUBSTANCE USE COUNSELLING PROFORMA - BY EVGB
- ANNEXURE 5 - TEMPLATE FOR SCHOOL RECORD

Seema
04.05.2026
Seema Roy Chowdhury
DDE (EVGB)

Dated : 04/05/26

F. No.DE.40(20)(168)/EVGB/2020-21/Pt.-I/ 728-37

Copy forwarded to the following for information and necessary action

1. PS Secretary, Hon'ble CM, GNCT Delhi.
2. PS to Secretary, Hon'ble MoE.
3. PPS to Director (Education), Directorate of Education, GNCTD.
4. PS to Addl.DE (Admn/EVGB), Directorate of Education, GNCTD.
5. All DDE (District), Directorate of Education, GNCTD.
6. All HoS for Compliance
- 7 All CIC/Nodal Officer (EVGC) for Compliance
8. All EVGC for compliance
9. IT Branch to upload in MIS.
10. Guard File

Swati
4/5/26.
Swati
CIC (EVGB)

ANNEXURE 2 - MANAS HELPLINE - DISPLAY MATERIAL AND BROCHURE LINK

| <u>MANAS HELPLINE - DISPLAY MATERIAL AND BROCHURE LINK</u> | | |
|--|---|--|
| MANAS HELPLINE - 1933 - POSTER | https://ncbMANAS.gov.in/awareness | Schools are directed to go through the links and select the posters for display at different locations within school and outside schools |
| Brochure MANAS-final • Eng - map | https://ncbMANAS.gov.in/awareness | |
| Brochure MANAS-final • Hindi - map | https://ncbMANAS.gov.in/awareness | |

ANNEXURE -3 - Substance Use - for Teachers - by EVGB

ASSESSMENT QUESTIONNAIRE FOR SUBSTANCE USE

(ONLY TO BE USED IN CASES OF REPORTED OR FOUND)

| | |
|----------------------------|---------------------------|
| Demographic Profile | |
| • Student ID - | Student Name - |
| • Class & Section - | Parent's Contact Number - |

ASSESSMENT - TO BE FILLED BY TEACHERS

| S.No. | Details | Response | |
|-------|--|----------|----|
| | | Yes | No |
| • | Whether student was/ is found or reported to be consuming some substance or found in possession of it. | | |
| (a.) | Select the Type of Substance found with student or student using (Refer to Annexure A) | | |
| | Any Other - specify: | | |

Sign & Symptoms

(However, these are only indicative in nature, nowhere it implies that child is using drugs or label a child for drug use. Additional effort should be put to ascertain child's vulnerabilities and timely intervention for prevention)

Behavioural or Mood Changes

| | | | |
|----|--|-----|----|
| 1. | सांसोंकीदुर्गंधकोछुपानेकेलिएचिंगमयामिनटकाउपयोगकरना। Students consumes chewing or mouth freshener to hide the foul smell of the substance consumed by them | Yes | No |
| 2. | Students often Lies/ steals/ gets into fight easily | Yes | No |
| 3. | Student sleeps in class (unusual pattern) | Yes | No |

Physical Appearance and Hygiene

| | | | |
|----|--|-----|----|
| 1. | बाजूपरकटयाइंजेक्शनकानिशानहोना (गर्मीमेंलंबीबाजूकेकपड़ेपहनना)। Swelling or purple bruises mark on hands or they wear or tries to cover inappropriate with season | Yes | No |
| 2. | कक्षामेंकोईकपड़ाबार-बारमुंहपररखना। Students keeps the mouth cover or at times sucking cloth/ hankerchief (oral) | Yes | No |
| | Other related question | | |

| | | | |
|----|--|-----|----|
| 1. | Have you referred the case to the EVGC | Yes | No |
| 2. | अन्यकोईटिप्पणी।(Any other remarks) - | | |

Class Teacher Name & Sign -

Class Teacher Employee ID -

Class Teacher Contact Details -

HOS and Teachers to maintain confidentiality and non-judgemental attitude while assessing the students and no data of the student to be disclosed by school at any one other than school EVGCs/ COUNSELLOR INCHARGES/NODAL @ District Level

ANNEXURE A - INDICATIVE LIST OF SUBSTANCE/ DRUGS

| TYPE OF SUBSTANCE | REMARKS |
|---|----------------|
| <ul style="list-style-type: none"> • Tobacco products (cigarettes, chewing tobacco, wape, e-cigraettes, cigars, etc. LOCAL NAMES - Bidi, shesha, zarda, kheni, ghtukha, tambaku, gutkha, gul, wape, e-cig., surti, supari, etc | |
| <ul style="list-style-type: none"> • Alcoholic beverages (liquor, beer, wine, spirits, etc. - Whishky, Vodka, Rum, Gin, Brandy, Desi sharab) | |
| <ul style="list-style-type: none"> • Cannabis (marijuana, pot, grass, hash, etc. (Local Names - Bhang, weed, kala maal, sufa, bhola, bhang patte/ bhang paste) | |
| <ul style="list-style-type: none"> • Cocaine (coke, crack, etc.) | |
| <ul style="list-style-type: none"> • Amphetamine-type stimulants (speed, meth, ecstasy, etc.) | |
| <ul style="list-style-type: none"> • Inhalants (nitrous, glue, petrol, paint thinner, etc. - LOCAL NAMES - paint thinner, paint remover, correction fluid, adhesive, petrol, other) | |
| <ul style="list-style-type: none"> • Sedatives and sleeping pills (diazepam, alprazolam, flunitrazepam, midazolam, etc.) | |
| <ul style="list-style-type: none"> • Hallucinogens (LSD, acid, mushrooms, trips, ketamine, etc.) | |
| <ul style="list-style-type: none"> • Opioids (heroin, morphine, methadone, buprenorphine, codeine, etc. (Local Names - Afeem, Doda, Opium, herione) | |

ANNEXURE 4 - SUBSTANCE USE COUNSELLING PROFORMA (FOR EVGC ONLY)

Student Information

Name: _____

Age: _____

Grade/Class: _____

School ID: _____

Date: _____

Contact Information

Parent/Guardian Name: _____

Phone Number: _____

Emergency Contact: _____

Understanding Triggers/ Precipitating factor:

Reason/ chief concerns:

SUBSTANCE USE HISTORY:

Substances Used: (List the substances) -

Frequency and Quantity -

Duration of Use -

Last Use: _____

Do you have consumed the substance use specified above

- You have not consumed in past 3 months
- Sometimes, in these past 3 months
- Sometimes in past one month
- Sometimes in one week
- In past week - usually daily or skipped for one or two days

Problems faced when you consumed the substance specified (*like* - health wise, relationship, financially, or in school or anywhere else you effect)

- Not in past 3 months
- At times in past 3 months
- Sometimes in past one month
- Sometimes in past week
- Daily or at times daily

SCALE -

HOW IMPORTANT DO YOU FEEL TO QUIT/ LEAVE THE SUBSTANCE YOU USE?

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 0 |
|---|---|---|---|---|---|---|---|---|---|

(1 = NOT SIGNIFICANT TO LEAVE 10 - FEELS SIGNIFICANT TO LEAVE IT)

DO YOU FEEL CONFIDENT AND TRUST YOURSELF TO LEAVE OR LESSEN THE INTAKE OF THE SUBSTANCE

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 0 |
|---|---|---|---|---|---|---|---|---|---|

(1 = NOT SIGNIFICANT TO LEAVE 10 - FEELS SIGNIFICANT TO LEAVE IT)

HOW MUCH WILLINGNESS/READY ARE YOU TO LEAVE THE SUBSTANCE YOU ARE TAKING

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

(1 = NOT SIGNIFICANT TO LEAVE 10 - FEELS SIGNIFICANT TO LEAVE IT)

ASSESSMENT OF STAGES OF CHANGE BY THE INTERVIEWER/ STUDENTS /CLIENT

- PRECONTEMPLATION
- CONTEMPLATION
- PREPARATION
- ACTION
- MAINTENANCE

HAS ANYONE IN YOUR ACQUAINTANCE (FRIEND, FAMILY, PARENTS, GUARDIAN) ARE WORRIED OR EXPRESSED THEIR CONCERN TO YOU ABOUT YOU INDULGING OR TAKING THE SUBSTANCE? IF YES, WHETHER THIS HAPPENED IN THESE PAST 3 MONTHS OR PREVIOUS TO THAT

| <u>BEHAVIOURAL INDICATORS:</u> | <u>PSYCHOSOCIAL ASSESSMENT:</u> |
|---|--|
| Changes in academic performance: Yes / No Changes in behaviour: Yes / No Absenteeism: Yes / No Health issues: Yes / No | Family history of substance use: Yes / No Peer influence: _____ Stressors (academic, social, family): _____ Mental health concerns: _____ |

COUNSELLING SESSIONS

Session Details:

Session Date: _____

Duration: _____

Counselling Session Details -

SHORT-TERM GOALS:

LONG-TERM GOALS:

Interventions Used:

Motivational Interviewing: Yes / No

Explore Ambivalence:

Develop Discrepancy

Negotiate a Plan:

Cognitive Behavioural Therapy or any other: Yes / No

Psychoeducation: Yes / No

Family Counselling: Yes / No

Other: _____

INTERVENTION FOR NON-USER OR EVER-USER

(TICK, IF DONE)

NON-USER

- Appreciating the child for not taking the substance
- Informing about the harmful effects of substance

EVER USE

- Normative Belief
- Drug Education
- Drug Refusal
- Handling High Risk Situations

STUDENT'S PROGRESS:

Changes in substance use behaviour: Yes / No

Improvement in academic performance: Yes / No

Enhanced coping strategies: Yes / No

Better family relationships: Yes / No

FOLLOW-UP AND MONITORING

Next Appointment:

Date: _____

Time: _____

Follow-Up Actions:

Regular check-ins: Yes / No

Referral to external services: Yes / No

Additional support needed: _____

Parental/Guardian Involvement:

Parental sessions attended: Yes / No

Parental support at home: _____

Feedback from parents: _____

Notes and Observations

ANNEXURE 5 - TEMPLATE FOR SCHOOL

COMPLIANCE REPORT - To Be Submitted To respective Zones/ District

SCHOOL LEVEL TEMPLATE - PRAHARI CLUBS CONSTITUTION NUMBER

| School ID | School Name | Type of Schools - • <u>DOE Govt.</u> , • <u>Govt-Aided</u> , • <u>Unaided</u> <u>Recognized</u> <u>Private Schools</u> | Prahari Club Formed YES /NO | Prahari Club Nodal Teacher Incharge - Name | Nodal Teacher Incharge Designation | Nodal Teacher Incharge Contact Details | Total No. Of Office Bearers selected in the Club | Total No. Of Students selected in the Club |
|-----------|-------------|---|-----------------------------------|--|--|--|---|--|
| | | | | | | | | |
| | | | | | | | | |

SCHOOL LEVEL TEMPLATE - INSTALLATION OF SUGGESTION BOX & DISPLAY OF MANAS HELPLINE

| School ID | School Name | Type of Schools - <u>DOE Govt.</u> , <u>Govt-Aided</u> , <u>Recognized</u> , <u>Unaided</u> <u>Recognized Private</u> <u>Schools</u> | Awareness Drive for Students about Suggest Box and MANAS Helpline | | Suggestion Boxes Installed (Yes / No) | MANAS Helpline display in schools & outside school (Yes / No) |
|-----------|-------------|--|--|--|---|---|
| | | | Total No. of Students in Schools | Total No. of Students in Sensitized | | |
| | | | | | | |