

Himalayan Anti Aids & Anti Narcotic Drugs Society (HANDS)

Activity Report

2015-2016

Counseling Seminar on Education and Life Ethics, 15th April 2015.

As usual Kalimpong Regional Youth Fellowship, UCNI, had organized a very substantial and resourceful two day seminar to educate the outgoing students of classes 10 and 12. The primary focus of the seminar was to prepare and strengthen the youth to face new challenges they may come across as they venture out away from home to pursue higher studies.



Mr Nereus Mukhia, Mr Bidhan Ratna Pradhan & Mr Philip Lepcha at the seminar

Popular resource people spoke on several issues ranging from career counseling to live in relation to substance abuse. HANDS had been invited to speak on substance abuse and make the youth aware of the horrors of chemically dependency. The seminar was very informative and educational to the 100 odd participating youth of the region.

International Day against Drug Abuse and Illicit Trafficking, 26th June 2015.

HANDS commemorated this significant international day by motivating students and government departments like the police in fighting the menace of drug abuse and illicit trafficking in a more intense and effective manner.



HANDS Chairperson/ V Chairperson with the IC and other Police Officers leading the students in the rally

Students of three prominent schools like SUMI, Dr Graham's Homes and Kumudini Homes along with the entire police contingent comprising of the ASP, IC and other officers and HANDS



Participants at the Rally /Mr Palden Tamang addressing the students / Committee member Mr Barat Mani Pradhan

HANDS members participated in a rally with placards giving message of the adverse effects drug abuse. The rally went around town and concluded with an awareness program on the same subject and was addressed by HANDS resource persons like Mr Bharat Mani Pradhan, Mr Palden Tamang and Mr Bidhan Ratna Pradhan. HANDS was indeed very successful in carrying the message to the people of Kalimpong.

Awareness program on Substance abuse and HIV/AIDS at Don Bosco Jyoti, 25th July 2015.



Mr Bidhan Pradhan at the awareness

Mr Palden Tamang at the awareness

Don Bosco Jyoti technical School, Kalimpong has always taken the help of HANDS in educating their students about drug abuse and HIV/ AIDS. The institution had again organized an intense awareness program in its premises and the HANDS team lead by Mr Bidhan Ratna Pradhan conducted a power point presentation and Mr Palden Tamang delivered information on HIV/AIDS and also gave his personal testimony.

Independence Day Celebrations, 15th August 2015.

With the intention of inculcating a sense of patriotism and a sense of contributing to the nation HANDS celebrated Independence Day in its own humble capacity by starting off the day with a parade and a speech on the contribution of the freedom fighters of our country. The patients saluted the tricolor after slogans of "Vande Mataram" and singing the national anthem. The patients sang solo and group songs to arouse the feeling of patriotism. There were indoor games too for their entertainment



Committee Meetings



Committee members at one of the several committee meetings

The Committee Members keep meeting on a regular basis for brain storming sessions, seeking ways and means to run the organization in a more effective manner and also finding appropriate channels in reaching out to the society at large.

Dashera and Dipawali celebrations 2015



Tambola and other fun and games with crackers at the Center during festive time

In order to make the patients feel at home and make them enjoy the festive season without use of any mood altering substances, HANDS celebrated Dashera and Dipawali with a lot of fun and gaiety keeping in mind all rituals required for the festival. The ever supportive neighbors welcomed the HANDS team for “Dewsee”. The group put up a very impressive and energetic performance and enjoyed themselves with fire crackers and dance.

World Aids Day, 1st December 2015



HANDS along with the Local administration and other organizations like C.M.A at the World Aids Day Program

Acknowledging the importance of this international day HANDS participated in a program organized collectively by NGOs of Kalimpong. The program started with a rally around town lead by the ASP and officers of Kalimpong police station, followed by members of Christian Motorcyclist Association, HANDS and various other organizations. The program ended with the

staff and volunteers of HANDS putting on the symbolic Red Ribbon on all passersby and taking two minutes of their time in explaining the importance of the day.

Christmas Celebrations 25th December 2015



C.M.A Members conducting the Christmas service and Cutting Cake

HANDS celebrated Christmas with a proper Christmas service which was conducted by the Kalimpong chapter of Christian Motorcyclist Association (C.M.A). The celebrations started with carols and hymns followed by a religious service which mainly focused on making the patients realize the significance of Christmas instead of just the merry making aspect. The C.M.A. members concluded the celebrations by cutting a Christmas cake and distributed it with all present in the rehabilitation centre.

Free HEPATITIS Testing Camp 13th March 2016



Since related diseases like Hepatitis B/C and HIV/AIDS are quite common among chemically dependent and substance abusers HANDS tied up with a company by the name of Abbott Viroclear and conducted a free hepatitis camp in the Rehabilitation Centre. The company had provided qualified technicians along with the testing kits free of charge for all concerned in and outside the rehabilitation centre.