

# Himalayan Anti Aids & Anti Narcotic Drugs Society (HANDS)

## **Activity Report**

### **2017-2018**

#### **Easter Celebrations for the Patients 15<sup>th</sup> April 2017**



*CMA members with the staff and patients in the rehabilitation centre*

With the notion of making the patients understand the spiritual side of all religions CMA (Christian Motorcyclists Association), a group of young dedicated Christians on motorcycles celebrated Easter with the patients.

#### **Awareness Program at Government High School 21<sup>st</sup> April 2017**



*Students Attending the Awareness program addressed by Mr Palden Tamang*

HANDS in association with Bal Suraksha Abhiyan (BSA), an organization run by the Sisters of Cluny organized an awareness program on Child Labor caused by parents abusing substances.

#### **Counseling Seminar on Education and Life Ethics on 9<sup>th</sup> May 2017**



*Mr Bidhan Pradhan and Mr Yabesh Mukhia addressing the crowd at the program*

Like every year the youth of UCNI had organized a Counseling Seminar on Education and Life Ethics and HANDS has been a part of the program to make the youth aware of substance abuse and its ever growing problems globally, especially amongst the youth.

### **Awareness Program for the youth of Mungsong on 2<sup>nd</sup> June 2017**



*Mr Palden Tamang and Mr Nereus Mukhia conducting the program*

HANDS had organized an awareness program for the peer leaders of Mungsong Cinchona Plantation youth organization. The program was held mainly to teach peer leaders how to identify, approach and help substance abusers.

### **Independence Day Celebration on 15<sup>th</sup> August 2016**



*Patients parading and saluting the national flag*

As the ultimate goal of every patient in the rehabilitation center is to be a responsible and productive member of the society and nation at large the Rehabilitation Center observes national events like Independence Day and Republic Day in full force only to inculcate a sense of patriotism and responsibility towards his family and nation

### **Awareness Program for students and the youth at Piranhas Club on 22<sup>nd</sup> Aug 2017**



*Mr Samsher Ali, president Piranhas Club, Mr Nereus Mukhia and Mr Palden Tamang at the program*

Piranhas Club a renowned self-help social organization was holding regular coaching classes for the students of their locality during the prolonged closure of schools in the agitation period. HANDS was there to impart knowledge and awareness on drug abuse and HIV Aids to the students.

### **Awareness program at Nandu Gaon, Sikkimi on 20<sup>th</sup> September 2017**



*Mr Sudip Chettri at the program*

The local community of Nandu Gaon, Sikkim had invited HANDS to hold an awareness program on Substance abuse and HIV/AIDS. The HANDS team stressed mainly on Alcohol abuse which is more prevalent in the rural areas, enabling them to identify their problems and bring about effective solutions.

### **Diwali Celebrations October 2017**



*The Rehabilitation Centre light up with Diyas and lights for the celebration*

To make one feel at home and learn to celebrate festivals happily without the use of substance and Alcohol, HANDS celebrates festivals in the Rehabilitation with all merry making and dance

### **World Aids Day 1<sup>st</sup> December 2018**



*With Mr Subha Pradhan, Chairman Municipality and IC, Kalimpong Police Station*

Like every year, HANDS does not let go of any opportunity in reaching out to the masses and bringing about help, support and solution. World AIDS day has been exactly one of these international events where the staff and volunteers go out to various officials like the Municipality Chairman, Police Department Officer In charge and the masses, ask two minutes of their time and pass the message of HIV/AIDS and its mode of transmission to each one of them.



## Christmas Celebrations on 25<sup>th</sup> Dec 2017



*CMA Members celebrating with the patients in the Rehabilitation centre*

In making every patient a responsible family member and respecting the social/religious beliefs of his family, HANDS celebrates Christmas and this time too, young members of the Christian Motorcyclist Association were kind enough to conduct the celebrations.

## Awareness Program at Kalijhora, NH 10 on 14<sup>th</sup> January 2018



*Mr. Nereus Mukhia conducting the awareness program*

Physical Fitness Centre, a youth organization of Kalijhora, NH10 had organized a Marathon followed by a seminar on various social issues. The very theme of the entire event was “Say no to Drugs”, hence HANDS had a vital role in taking the seminar forward. People of all ages of that locality participated in the seminar with a lot of interest and received essential information on the subject.

## Club Gathering on 18<sup>th</sup> January 2018



*Mr. Nereus Mukhia giving out the speech at the program*

Bal Suraksha Abhiyan (BSA), an organization run by the Sisters of Cluny had organized their Annual Children’s Cub Gathering. Children from all over the region including the doors, plains and Sikkim had participated in the event in big numbers. BSA and HANDS have always partnered in giving about awareness in these two social causes of Child Labor and substance abuse as substance abuse is the root cause of child labor in most cases.

### **Awareness Program for the Limbu Board on 6<sup>th</sup> March 2018**



*Mr Jhalak Chettri at the awareness and Ms Sanjogita Subba, Asst Sec Limbu Board introducing the HANDS team*

HANDS in association with a West Bengal Government undertaking Tribal welfare board for the Limbu community had organized an awareness program at their community center at Kalimpong. A large number of people of all ages, from the Limbu Community attended the program and were made aware of the horrors of substance abuse, be it Alcohol or Drugs.

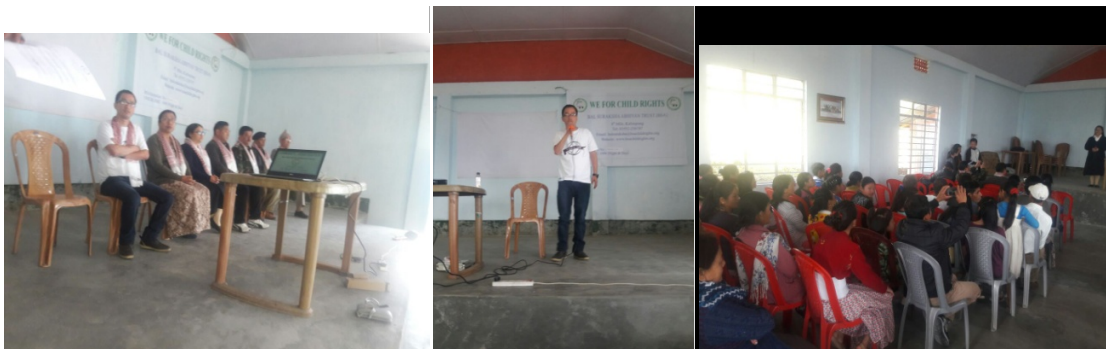
### **Awareness Program at Rongpu Primary School on 6<sup>th</sup> March 2018**



*Mr Palden Tamang giving out the speech*

Another awareness program in association with BSA was held at Rongpu Primary School, NH 10, Sikkim Border for the school children. Since the participating children were very young, HANDS team spoke at lengths about the root causes of substance in the families and the effects it had on the personality development of a child, which was received well by the students and teachers.

### **Awareness Program at Mungsong High School on 18<sup>th</sup> March 2018**



*Mr Palden Tamang at the awareness program*

Yet another awareness program was held at Mungsong Primary School in association with BSA. HANDS presented the children of Mungsong Primary school with the organizations power point presentation and the very attentive children were very responsive in the interactive session after the presentation.