



GURUKUL INTERNATIONAL SR. SEC. SCHOOL

MODERNITY WITH TRADITION
AFFILIATED TO CBSE, NEW DELHI

Gurukul International Sr. Sec. School, Solan

Joint Action Plan for Prahari Club 2025-26

Prahari Club: Joint Action Plan on Preventing Drug and Alcohol Abuse

1. Objective/Purpose

The primary objective of the **Prahari Club** at Gurukul International School is to raise awareness among students about the harmful effects of drugs and alcohol, with a focus on educating them about how these substances can damage critical organs such as the brain and heart. The club aims to prevent drug and alcohol abuse by engaging students through creative activities, workshops, and interactive events, thereby fostering a culture of health, safety, and well-being in the school community.

Key Goals:

- Raise awareness of the dangers of drug and alcohol abuse.
 - Empower students to make informed decisions and reject harmful substances.
 - Engage students actively through creative expression (slogans, posters, role plays, street plays).
 - Provide accurate and reliable information about drug and alcohol abuse.
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2. Key Stakeholders & Partners

- **Dr. Luckhvinder Arora**, Principal – Oversee the overall implementation of the action plan.
- **Mr. Piyush Garg**, Manager – Allocate necessary resources, manage logistics, and ensure effective communication.
- **Ms. Omti Sharma -CCA Head & Ms. Reena Sharma**, Coordinator – Plan and organize events and activities, including workshops and competitions.
- **Mr. Ujjwal Walia**, School Health and Wellness Coordinator – Provide health-related resources, counseling, and wellness expertise.
- **Ms. Neha Verma**, School Health and Wellness Coordinator – Address the mental health aspects related to substance abuse and offer peer counseling.
- **Ms. Dipak (PET) Volunteer** – Manage the logistical aspects of street plays and events, ensuring safety and coordination during public activities.

- **Ms Ambika (PTI)**Volunteer – Manage the logistical aspects of street plays and events, ensuring safety and coordination during public activities.
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3. Roles and Responsibilities

- **Dr. Luckhvinder Arora (Principal):**

Ensure the alignment of the action plan with school policies.

Provide leadership and support for all activities related to drug and alcohol awareness.

Facilitate collaboration with external agencies, like local healthcare providers or law enforcement, to deliver impactful programs.

- **Mr. Piyush Garg (Manager):**

Oversee budget allocation for awareness materials and events.

Ensure that resources (space, time, and materials) are effectively distributed for all activities.

Manage communication between school departments and external partners for events.

- **Ms. Omti Sharma -CCA Head & Ms. Reena Sharma (Coordinator):**

Lead the planning and execution of events such as slogan writing competitions, poster making contests, and role plays.

Coordinate with teachers and students to encourage active participation in awareness programs.

Organize guest speakers, counselors, or law enforcement officers to deliver workshops and seminars.

- **Mr. Ujjwal Walia (Health and Wellness Coordinator):**

Facilitate the organization of workshops on the health impacts of drugs and alcohol (e.g., physical health, mental health).

Coordinate with medical professionals to organize health check-ups and informational sessions.

Provide wellness support and resources to students who may need counseling or help.

- **Ms. Neha Verma (Health and Wellness Coordinator):**

Focus on mental health support, including the psychological effects of drug and alcohol abuse.

Organize sessions on coping mechanisms for stress, anxiety, and peer pressure, which often contribute to substance abuse.

Run peer support programs where students can talk openly about the issue in a safe environment.

- **Ms. Dipak PET & Ms Ambika (PTI)(Volunteer):**

Coordinate and manage street plays, ensuring proper rehearsals and performances.

Help with logistics for setting up exhibitions and awareness stalls (e.g., for poster or slogan displays).

Provide safety measures during public events.

4. Action Steps/Strategies

- **Slogan Writing Competition**

Action: Organize a slogan writing competition where students can write short, impactful slogans to raise awareness about the dangers of drug and alcohol use.

Timeline: Once every semester.

Resources: Paper, pens, printing for display of winning slogans.

Outcome: Increased awareness through the power of creative expression. Winning slogans could be displayed around the school.

- **Poster Making Competition**

Action: Host a poster-making competition on the theme of “Say No to Drugs” and “The Dangers of Alcohol.”

Timeline: Annually (before the start of a new academic year).

Resources: Art supplies (papers, colors, markers, etc.), digital platforms for creating posters.

Outcome: Visual reminders in the school about the harmful effects of substance abuse, helping students internalize the message.

- **Role Play/Street Play**

Action: Conduct role plays and street plays focusing on peer pressure, the decision to refuse drugs, and the consequences of substance abuse.

Timeline: At least once per semester, with additional street plays during specific awareness days (e.g., International Day Against Drug Abuse).

Resources: Costumes, props, scripts, outdoor space for performances.

Outcome: Engaged students who learn the consequences of drug and alcohol abuse through drama and peer-led performances.

- **Workshops and Awareness Sessions**

Action: Organize workshops led by healthcare professionals, counselors, or law enforcement on topics such as:

- The physical and psychological effects of drugs and alcohol.
- How to resist peer pressure and make healthy choices.
- Available resources and help for those struggling with addiction.

Timeline: Monthly or bi-monthly.

Resources: Guest speakers, printed materials (pamphlets, handouts), and wellness resources.

Outcome: A more informed student body that understands the seriousness of drug and alcohol abuse.

- **Peer Counseling and Support Groups**

Action: Create a peer counseling program where trained students can offer support to their peers who may be struggling with pressures related to drugs and alcohol.

Timeline: Ongoing, with regular check-ins.

Resources: Training for peer counselors, space for confidential meetings.

Outcome: Peer-to-peer support for students dealing with stress, peer pressure, or existing substance-related issues.

5. Monitoring & Evaluation

- **Student Surveys:** Conduct pre- and post-event surveys to measure the effectiveness of awareness programs.

Questions can focus on students' understanding of drug and alcohol dangers before and after the activities.

- **Participation Rates:** Track the level of student participation in various activities (slogan writing, poster making, street plays, etc.) to ensure maximum engagement.
 - **Feedback from Stakeholders:** Collect feedback from teachers, parents, and external experts who participate in or observe the activities.
 - **Annual Review:** At the end of the academic year, evaluate the success of the program through qualitative and quantitative methods (e.g., reduction in drug-related incidents, improved awareness scores).
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6. Communication Plan

- **Internal Communication:**
 - **Weekly Updates:** Organize internal meetings to discuss upcoming events and strategies.
 - **Bulletin Boards:** Display posters and slogans in school corridors to maintain awareness.
 - **External Communication:**
 - **Social Media & School Website:** Share updates on events, pictures from activities, and important information related to drug and alcohol abuse.
 - **Parent-Teacher Meetings:** Inform parents about the Prahari Club's efforts and encourage them to discuss drug prevention with their children.
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7. Resource Allocation

- **Budget:** Allocate funds for art supplies, props for street plays, printed awareness materials, and guest speaker honorariums.
- **Human Resources:** Leverage student volunteers, teachers, and community members (e.g., health professionals, law enforcement) to support event delivery.
- **Materials:** Art materials, pamphlets, posters, costumes, and wellness resources.

8. Timeline

Activity	Timeline	Responsible Member(s)
Slogan Writing Competition	Twice a year	Reena Sharma, Omti Sharma
Poster Making Competition	Annually	Reena Sharma, Ujjwal Walia
Street Play	Once every semester	Dipak PET, Reena Sharma
Workshops on Health Awareness	Monthly	Ujjwal Walia, Neha Verma
Peer Counseling Program	Ongoing	Neha Verma, Reena Sharma, Ambika
Inspirational Movie show	Quarterly	Ujjwal Walia, Neha Verma

9. Risk Management & Contingency Plans

- **Risk:** Lack of student interest in workshops and competitions.

Contingency: Increase engagement by offering incentives (e.g., certificates, prizes for competitions, public recognition).

- **Risk:** Limited external support (guest speakers, experts).

Contingency: Utilize online resources and virtual workshops with experts, or partner with local healthcare organizations for expert support.

10. Conclusion

The **Prahari Club's** action plan at **Gurukul International Sr. Sec. School** seeks to create an informed, responsible, and empowered school community that is actively engaged in the fight

against drug and alcohol abuse. Through creative activities, education, and support systems, we aim to promote healthier lifestyles, foster emotional well-being, and encourage students to make positive life choices.