

Annual Report 2021-2022

MUKTI FOUNDATION

**Snehi Niwas 818/2502
Bank colony, Gobindeswar Road
Old Town, Bhubaneswar, Odisha 751002.**



MUKTI FOUNDATION

www.muktifoundation.co.in E-mail : muktifoundationbbsr@gmail.com

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This year we comprehensively and systematically undertook activities and supported not only the Drug Users, but also networked with all and become a part of ODISHA-One a consortium of NGOs/CBOs working for marginalized, underprivileged, sexual minorities who have been stigmatized and discriminated. Events like World AIDS Day and International Anti-Drugs Days have helped us in bonding with all these groups whose primary objective are to seek their right place under the sun, and be protected.

We have also been undertaking regular monthly Colloquiums. These Colloquiums have enhanced and strengthened our belief and confidence in ourselves that we can succeed in providing support to all the Drug Users today in Bhubaneswar and tomorrow in rest of Odisha.

I thank my team for standing by me, and I thank all my supporters for supporting me and helping me in building MUKTI FOUNDATION.

President

Prisya Ranjan Dash

CHAIRMAN

MUKTI FOUNDATION



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Project Name:

Treatment for Drug-De-addiction and HIV prevention among various IDUS and drug/alcoholic addicts in Puri District.

Area and population coverage

The project follows to cover the state of Odisha and its respective districts. In 2020 the project holds more than 3000 drugs and alcohol addicts as its clients since its foundation. The project also focuses on HIV prevention and AIDS control awareness programs throughout the state with collaboration with Family Planning Association of India and World Vision.

1. Background of the Project.

To prevent & reduce risk of HIV infection among IDUs at Bhubaneswar city with specific objectives are to increased knowledge, skills, understanding & concern among IDUS about HIV/AIDS and drugs, to provide increased access to services & promote their utilization by the IDUS for prevention & reduction of high risk behavior, to create an enabling environment by sensitizing and mobilizing community supportive of safe behavior by the IDUS and to establish communication and coordination between various stakeholders.

Examination of successful projects in India and abroad demonstrates that comprehensive approach is effective in reducing HIV/AIDS among population group at higher risk of HIV infection. Hence these strategies are integrated in keeping with the evidence that their combined synergistic effect exceeds their individual additive effect. The project utilizes the comprehensive approach to deliver the established core HIV prevention & reduction strategies.

In Bhubaneswar city the injecting drug use and lack of proper education regarding HIV AIDS and safe sex has played a critical role in the spread of HIV /AIDS epidemic in various regions, the incidence of HIV infection among drug users increases from 0 to 70% in less than 12 years. Injecting drug use is an efficient way of HIV transmission. The probability of HIV transmission through intravenous Drug use (IDU) ranges from 20-80% against 0.02-1.00% through sexual route. HIV spread rapidly among injecting drug users because many of them share the injection equipment. A needle carrying infected blood can catapult the virus directly into the blood stream of an infected person. Sharing needle and other equipment is a highly efficient way of transmitting HIV. So the speed at which the virus moves through a drug injecting population largely depends on the equipment sharing and clearing practices in a community. It is urgent to reduce the HIV risks associated with

drug injecting risks to the users themselves, to their sex partners and children and to society. Of all HIV infections in India, about 7.5% spreads through IDU. HIV prevalence among the IDUS varies from 20% to 80% in India.

In the last year we have encountered various addicts affected by Brown Sugar which is spreading its branches throughout the state. People affected by brown sugar addiction are subjected to high dependency on the substance leading to various monetary, family and health related troubles. In the last year, we have treated around more than 30 nos of brown sugar addicts facing various difficulties.

2. Project Objectives and strategies for the year-2021-2022

Objective are define by the project to increase knowledge, skill, understanding & concern among IDUs about HIV/AIDS and drugs; to provide increased access to services & promote their utilization by the IDUs for prevention & reduction of high risk behavior; to create an enabling environment by sensitizing and mobilizing community supportive of safer behavior by IDUs; to establish communication & coordination between various stakeholders.

Project stated from 1st of June 2020 with board member of MUKTI FOUNDATION in place. The project activities started with area mapping, some modification took place from the previous area plan after revisit the site. Finally areas are divided into 5 clusters with 20 sites for intervention. The four clusters are divided into one outreach workers and 4 peer educators. The peer educator selection process was complete with support of clean IDUs from different drug de-addiction centers. By the end of August 2020 project identify 410 IDUs in the area. GIS develop in consultation with the team to maintain the information base of IDUs as well as monitor the program part.

Regular field visit by ORWs with formal support from PE (peer Educator) to understand the field situation of IDUs. During the visit they were more concerned about the site and spot for using drugs. The regular orientation and guidance are taken place from the project for the counselor, ORWs and PEs.

Needle exchanges and drugs substitution program started with the target groups. The primary screening was over with the identify IDUs by the 1 doctors. Till date FGDs/awareness are taken place in both the community, to finding the problem for start up the activity. Ex drug user team are involved as support group in the project. FGD was conducted with IDUs family members to create an enabling condition in the family to support them for reduce the risk of HIV.

The IDUs highly elusive for their activities & are not well accepted by the society. The only risks aspect of their behavior is needle- sharing, which is a known route of HIV transmission. Documentation of this aspect is not very clear

So a clear picture of the pattern of this behavior does not emerge. However it is strongly which is possible

Sl no	Activities	Target for the year 2020-2021	Achievement during 2016-2021	Variance
1.	FGD	20	18	
2	Awareness Programme	16	16	
3	Advocacy workshop	4	4	
4	Identification camp	2	2	
5	Needles & syringes	102	214	
6	Health Camp	4	4	

growing and needs urgent attention.

4-Activities: plan & Achievements

3. Programme outcome

- MUKTI FOUNDATION organized 20 Awareness Programs and 4 Advocacy camps this year. The basic aim towards these activities was to spread awareness and education among drug and alcohol users, about the effects of drug abuse on families and societies.
- We organized 4 advocacy camps in the month of March at 4 different police stations. We speeded awareness on HIV AIDS and its effects triggered by drug use and accidents. E.g. Bhubaneswar Police department encounters numerous accidents every year. Very lot of times they have to deal with blood covered dead bodies or even victims. We educated them and advised to use protection gloves while doing so, because HIV AIDS can be easily transmitted by direct blood contact if any accident victim is suffering from the so said infection.

- The awareness programs conducted are as follows.

MONTH	LOCATIONS	PROGRAMME PARTICULARS
October (2021)	Saliya Sahi(4.10.2021) Bharatpur (11.10.2021) Baragarh (18.10.2021) Dumuduma (25.10.2021)	Information HIV (human immune deficiency virus). Its effects due to needle exchange among IV users. Safe and protected sex. Drug addicts and how they can be treated. Consequences of drug addiction. How to recognize an addict. Drug addiction – a disease, its different forms and stages. Diagnosing addiction and its methods of treatment.
December(2021)	Dumuduma (5.12.2021) Unit-3 NAC Colony (12.12.2021) Baragarh (19.12.2021) Bharatpur (26.12.2021)	In these sessions we primarily focused on educating people about the growing treatment facilities for drug de-addiction. We also focused on the treatment criteria and the function of our organization towards helping people who are victimized by HIV AIDS. By December end we have reached towards 8 communities across Bhubaneswar. We educated more than 120 people including 70 or more IUDs in 8 different locations across Bhubaneswar.
January (2022)	MundaSahi, Chandrasekharpur (2.01.2022) Shanti Basti, Unit-3 (11. 01.2022) Saliya Sahi (20.01.2022) Dantakathi Bazar, Bhubaneswar, Unit-3 (30.01.2022)	In these session we organized a workshop with 30 nos of IDUs and alcoholic addicts, where we followed up our treatment patterns and blood tests for HIV virus. We followed up the Programme, and educated them how to prevent the virus from spreading. We also created wide range of educative workshops regarding the spread of HIV virus via injecting drugs.
February (2022)	Baragarh (4.02.2022) Rasulgarh Telenga Basti (9.02.2022) Dumuduma (16.02.2022) Mali Sahi (28.02.2022)	We created our general awareness programme, and conducted it as usual. In Mali Sahi, we conducted a sex awareness programme among numerous sex workers, 30 nos. we educated them on how to have safe sex, and the process and mediums via which the HIV AIDS virus gets transmitted via Sexual realtions with multiple partners. We also educated them on STDs (Sexually Transmitted Diseases) and how they spread among IDUs via needle exchange.

4. POLICE ADVOCACY CAMPS:

We organized 4 advocacy camps in the month of March in four different Police Stations across Bhubaneswar. In those camps we demonstrated the police officials on the increasing risk of HIV epidemic in the state via different statistical analysis data that we had collected from various institutions who work to help HIV affected victims. We also informed them about the facilities that we provide at MUKTI FOUNDATION DDC on drug-de-addiction and how HIV transmission is related among drug users.

The Police vans are nowadays equipped with many technological advancements but lack proper protection for themselves as they operate in a wide areal coverage dealing with all kinds of criminals and affected victims. Road accidents have increased by 25 percent in the last one year in the city of Bhubaneswar itself. The Police Control Room (PCR) mobile vans are solely responsible in handling the victims and bodies of those who die in numerous accidents. As there is an increased risk of transmission of HIV AIDS virus, through direct blood contact if the blood is infected, there is a very high for the police officials when they directly handle the blood stained victims. Therefore, we advised them and provided them with a sample of safety gloves which should avoid contact of victim bloods with the skin. We organized these camps in various police stations across Bhubaneswar:

1. Focus group Discussion

This year 18 focus group discussions were held across Bhubaneswar. We targeted several drug users and organized them accordingly in different slums and populated areas across Bhubaneswar. In these discussions we focus on a single type of drug user in every single discussions which allows us to concentrate and relate their problems and disorders as a single type of drug is involved.

2. Identification Camp

This year we organized two identification camps, in Bhubaneswar at Mali Sahi, unit-3 and Bharatapur respectively. The objective of these camps were to target a number of drug users in a community and provide them proper detoxification for 15 days. Furthermore, if motivated we would organize a proper de-addiction treatment facility for those who would like to live a drug free life after detoxification.

3. Health Camp

MUKTI FOUNDATIONS organized 4 health camps this year in collaboration with Family Planning Association of India (F.P.I). The objective of these camps were to make a thorough test on blood samples and weight measurement and provide nutrition and safe health based medicines and HIV/AIDS preventive education.

4. Networking & linkage

Linkages are established with 4 drug de addition Centre in Bhubaneswar to referral the drug users for the de-addition of the Centre as a part of the project strategy. Narcotics Anonymous Group are actively involved with the program process to create an enabling environment through the support group activity. Establish linkages with VCCIC for blood test of largest group and their family members. Those to be found HIV positive linked them with KNPF (positive network).

5. Innovation & learning

Project start with an innovation strategy with exiting drug user substituting therapy and reduce the taking injectable. It's found that 33% reduce in injecting of the injection. Reach and teach program started with them by counselor, field staffs and peers educator. Involving the ex-drug (clean) users and family members as volunteers to provide the information on existing services and monitor the behaviors. Provide information about Government livelihood scheme for rehabilitation.

Project learning is to understand the dynamism of the drug user to trace them for interventions. Problem faced in taking them to confidence, because by nature they are not comfortable with other community.

6. Constraints and challenges

The project is very new but constraints faced with the Government system like realized fund and other related issued.

7. Case study

Human interest story

1. Mr. Ranjan Gauda a 41 years aged clean IDU with a sound health is living in Bhubaneswar. 13 years back people knew him for his terrible behavior. But now he is a complete changed man with a very contradicting character from his past. He is married and has given birth to two daughters. His father is a retired Government Employee.

10 years back, he started his addiction influenced with his friends. He started drinking alcohol, and problems related to it started alongside.

He faced many huge losses in business, and created a lot of debts for his family to pay. By the time he reached his peak of addiction, he had lakhs of rupees in debt and a broken family. Very soon he started stealing from his own grocery shop to fulfill his requirements of alcohol. He also got indulged in various criminal activities including loot, robbery, snatching etc.

Troubled and harassed with his activities his family admitted him to our Drug-De-addiction center. On 3rd June, 2020 our peer educator cum counsellor Mr. Avinab Das met his problems with addiction. He showed a clean and keen interest in receiving the education that was provided to him regarding the drug and alcohol use effects on his life and the society he lived in, as he was frustrated from his addictive life.

He got clean with regular counselling and with subsequent follow up he self-monitored himself.

Now he is a role model for other users or groups of that area .subsequently with support from his father he has fixed his business which is growing.

2. Mr. Soumit Biswal, aged about 28 years old, who lives with his father a single parent is a clean Brown Sugar user is now living a sound and healthy life.

Seven years back people knew him for his rough behavior and uncontrolled addiction. Being a scholar student with an 87 percentile from Delhi Public School, he went to pursue his higher education in London, where he found his addiction in the year 2010. In the beginning he started with alcohol, taking small quantities in occasional events. But very soon he was completely consumed with it. He dropped his education creating a debt of 40 lakhs rupees for his father to pay, who is a class one government service holder. After his failure in education he came back to India where he was introduced to Brown Sugar. He started consuming it with 4 to 5 grams every day creating a lot of monetary problems for his family and himself. Accumulated with his addiction he started selling schedule 2 drugs in his locality for money so as to fulfill his requirement of drugs.

His behavior turned tables and he became known to the society as an anti-social element.

On 16th November, 2021 he got admitted to MUKTI FOUNDATION Drug-de-addiction center, where he was diagnosed with severe depression issues. His peer educator cum president of MUKTI FOUNDATION, Mukti foundation met his problems and he showed a keen interest to improvise himself so as to lead a drug free life as he was completely frustrated with the pain he had endured since the last years of his addiction. He got clean, and now he has been reinstated as a counsellor at MUKTI FOUNDATION and his helping 30 drug and alcohol users with everyday counselling sessions.

Liked and accepted back by his family he is leading a happy life working his career at our drug de-addiction center helping various addicts get to treatment from his area.

8. Road map ahead including the program focus of 2021-2022

Drug users are not a homogenous group and that they are at different stages of their addictive career. To reach out to as many of them as possible a great range of intervention strategies and services will be provided in various settings. Interventions designed to prevent drug use and HIV/AIDS take into account the following characteristics of the target population.

The key strategies in 2021-2022

- Behavior change communication (BCC) focusing on providing information on one to one basis after through peers or those who have close affinity to the populations being addressed.
- Community outreach programming – increasing the availability, accessibility, acceptability and skill in consistent use of safe injecting equipment as means of prevention of HIV.
- Creation of an enabling environment – through addressing the accord environment in which risk behavior takes place and facilitating legal and policy changes supportive of preventive behavior.

BCC is based on community outreach or peer education to reach and educate IDUS

Community outreach programme is based on supply of needles and syringes through pharmacies or needle exchange programme. Needle exchange programme is based on providing drug users with clean needles and syringes in exchange for used ones syringe exchange programme are cost effective in comparison to cost of treatment for HIV infection.

Prevention strategies are most effective where information & services are brought actively to drug users rather than relying on users to take the initiative to seek them out,

community outreach programme increase its coverage of project designed to promote safer behavior.

In addition to specific risk reduction interventions, general, services are designed to reach out to and keep in contact with drug users, such services should include abscess management, crisis care shelter, income generating and job skills assistance a programme, hospice care for people with AIDS, and assistance with legal and social problems.

Intervention for the prevention of drug use and HIV/AIDS including outreach and substitution therapy will be well accepted by the community and drug users, if community members are well informed about the ongoing programmes they usually realize the necessity and benefits of such programs and provide additional support.

Drug De-Addiction cum Rehabilitation Centre (Residential)

The Centre continues to develop and fulfill a need for the community – where few options are available for drug users who want to really get off their usage habits and build a new life.

Following are the core DDC statistics for 2021-2022:

Total No. of Admissions (non-mutually exclusive)	122
Total No. of persons admitted (mutually exclusive)	111
Total No. maintaining drug and Alcohol –free life by March 2021	54
Persons who left program prematurely	4
Persons who died whilst on program	0

Activities Executed at The DDC.

- **Yoga Sessions-** Yoga Classes are conducted by our prior staff members on a everyday basis from 7:30 am till 8:30am, in which all drug and alcoholic users admitted in MUKTI FOUNDATION participate conducting and practicing numerous yoga steps.
- **Thought Session-** Thought sessions are conducted everyday at 11:00am till 12:00noon. In this session we educate the admitted addicts on the adversary effects of drug addiction and the benefits they will get from de-addiction and recovery. We follow a guide provided to us by the

world wide known SHG Narcotics Anonymous which we pass to the addicts under our educative sessions.

- **Input Class-** in this session we educate the addicts about many different aspects of addiction. Like the stages of addiction, types of addiction, effects of addiction, how it affects a person in three folds, i.e. physically, mentally and spiritually, effects of a relapse and how it affects a recovering addict. In this session we conduct different workshops re-educating the addicts on what kind of adversary drugs or alcohol can affect their life with.
- **Pranayam Session-** As we believe in the spiritual principles that guides us to recover from our addiction, MUKTI FOUNDATION DDC strongly believe in meditation and its effects in improving a person's art of living. Therefore, we conduct an one hour Pranayam session in which we practice the addicts different respiratory exercises, and an half an hour of meditation.
- **Group/ Personal Counselling Session-** MUKTI FOUNDATION DDC believes that bare after medications, drug and alcoholic treatment is a psychological process. Therefore, we focus on personal and group counselling in which we assess the different case studies that we conduct after the detoxification process.

We conduct 4 group counselling sessions every month which gives us total number of 48 sessions per year. Every admitted drug/ alcohol user is subjected to individual counselling twice every month at MUKTI FOUNDATION.

- **Family Counselling sessions:-** After 30 days of admission in our DDC, we conduct a parents counselling session in which we try to resolve the family problems created due to an addicts compulsive behaviour. We educate them how to treat and maintain a safe environment with working things out with an addict.

We conduct family counselling sessions every second Saturdays i.e. once every month.

- **Mushroom Cultivation:** MUKTI FOUNDATION DDC not only treats for the detoxification of an addict and counselling for the growth of his recovery, but we also rehabilitate with them to mainstream with the society. In this regards we have arranged a Mushroom Cultivation opportunity, in which the addicts can learn and recreate a safe environment for them to grow in their recovery as well as in the society.



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Outcomes against MUKTI FOUNDATION'S Objectives

Objective	Outcome/ Output
To help maintain unity and promote co-operation among the group (drug users) within different localities within the district of Odisha	Program Manager's field work -PM has met with numerous DUs – networking, meeting family members, giving info on HIV&AIDS and other health issues. Also contact with ex-residents of DDC facing relapse issues
To develop a sense of culture, and moral and physical qualities among the drug users in general	54 DDC residents who have completed the program remain drug free (from 08 09months) Field work supports DUs and enhances family relationships
To participate and to avail of various programs of central and state Government for development of mental attitude of drug users	Program Manager attends all possible forums –e.g. Family Planning Association Of India, Advocacy Camps.
To take adequate steps for creating awareness and for the prevention of HIV/AIDS, Hepatitis and other diseases, which are dangerous to humans but affect drug users especially	108 attendances at DDC on HIV & AIDS – awareness and preventative behaviors (each resident attends 2 session)
To work with the women of the slum areas in order to create awareness for their rights and obligations etc.	3 SHGs in Saliya Sahi & Dhirakuti Basti for women creating awareness 30 women attending SHGs to seed livelihood ventures
To assist in the implementation of various schemes along with specified Govt agencies for the proper rehabilitation for drug users in the locality	47/104 (45%) DDC residents streamed via Targeted Intervention Program 28/47 (60%) TIP who remained drug free

Objective	Outcome/ Output
To create awareness against drug abuse and prevent the future generation from getting addicted to drugs	3 community awareness programs participated in World Vision and Family Planning India 2 Exposures through media (2 x TV items, Newspaper?)
To provide training to peer educators, youth club members, PRI members and other members of society for the prevention of drug and alcohol abuse	3 DDC ex-residents gaining employment: LEPR Peer Educators What does PRI stand for?
To assist family members and significant others of drug users in dealing with the effect of addiction and to provide emotional and moral support to them	10 families attending the monthly family day (each month) 30 Cumulative attendances since beginning of program in June (June to Mar = 10 months)

BARRIERS AND CHALLENGES

The levels of discrimination and ostracizing by families of users of Alcohol and other drugs remains a key barrier to overcome through more efforts to reach this group and effectively communicate the key messages and approaches that MUKTI FOUNDATION stands for.

Wider community acceptance also remains a huge challenge for individuals who are trying to remain drug free and who need some special supports. This extends to the work place where again; intolerance and judgmental attitudes can lead to loss of opportunity and access to livelihood for drug users

Acknowledgement

MUKTI FOUNDATION would like in particular to acknowledge the passion and dedication of its staff, who have themselves had to work hard to become drug free and remain drug free. Without these special people and the life experience they bring to the work, MUKTI FOUNDATION would find its work impossible to do.

Our activities could not have been completed without the valuable support and kind words of encouragement of the following that visited our project area and also supported us with resources time and again:

PHOTO GALLERY

Yoga Camp



Focus Group Discussion



Health Camp



Group Counselling Session



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