



ANNUAL REPORT 2023-2024 MUKTI FOUNDATION

(A Voluntary Organisation Regd. Under Indian Trust Act, 1882)

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PERFACE

Drug Addiction and substance abuse is a chronic, relapsing disease wherein the drug user compulsively spends time looking for and using an illegal drug. This form of addiction is characterized by neuro-chemical and molecular changes in the brain. Some of the common drugs used by drug addicts are heroin, cocaine, lysergic acid diethylamide (LSD), mandrax, barbiturates and a variety of opiates. Estimates indicate that there are around three million drug addicts in India.

Traditionally in India, drug addicts are usually found to be the responsibility of the family or the social group to which they belong. In most cases, the chaotic socio-cultural, economic and psychological aspects of individuals along with family and community surrounding act as the key factor of drug addiction. So far as the treatment and rehabilitation of these drug addicts are concerned, usually they are treated through general health services, on a voluntary basis. In the present day, the Govt. in association with the state level hospitals offering rehabilitation facilities for indoor treatment to hard-core addicts through their psychiatry departments.

Population ageing is associated with a rise in the proportion of population termed as 'old', usually at 60 or 65 years and above. The traditional norms and values of Indian society laid stress on showing respect and providing care for the aged. However, in recent times, society is witnessing a gradual but definite decline of the joint family system, as a result of which a large number of parents are being neglected by their families exposing them to lack of emotional, physical and financial support. These older persons are facing a lot of problems in the absence of adequate social security.

The Mukti foundation took this initiative to care for older persons with an attitude of confidence, fostering respect for them and encouraging fortitude in them and bringing a little certainty, even fun into their lives. The old age homes are being insured with doctor and nurse and along with that professionally trained staffs like Superintendent, Social worker and other helps such as cook and helper for necessary care and services of older persons are made available for both the centres

Keeping this in backdrop, the Mukti foundation is organizing various awareness and sensitization activities in schools, colleges on prevention, treatment, old age care as well as rehabilitation of drug addicts with full commitment and dedication.

ACKNOWLEDGEMENT

On this great occasion of releasing the “Annual Report 2023-24 of Mukti foundation, I take this great privilege for giving my heartiest thanks and gratitude to each and every personnel who have given direct or indirect contribution to organize the activities, consolidating the reports and documenting it in a systematic way. Drug abuse has become a major social problem over the years. If drug addicts are to be completely rehabilitated, it is necessary for the local community to be involved in the treatment and social integration of addicts. Thus, the Mukti foundation, Odisha always attempts to strengthen the ties of addicts to their family and community and get the community to cooperate in the rehabilitation process. In this context, the effort delivered by the Mukti foundation is found to be remarkable one who has taken initiatives in prevention as well as treatment and rehabilitation of the drug addicts.

Old age in human beings is the final stage of the normal life span. The global population of elderly has constantly been increasing during the second half of the last century. The number of people 60 years and over in the globe was 673 million in 2005 and is expected to increase to 2 billion by 2050, almost a triple increase and the first quarter of the 21st century is going to be called ‘The age of ageing’. More developed regions have almost one-fifth of their population over 60 years but 8 per cent in the less developed regions. And the share of older persons living in these countries is expected to rise from 64 per cent to nearly 80 per cent in 2050.

While producing this “Annual Report” as a consolidated document of the activities being undertaken by the Mukti foundation including the awareness programme, sensitization activities and counselling, I feel pleasure to dedicate it to the general public.

I convey my heartiest thanks to the Governing Body Members of Mukti foundation for their timely advices towards effective management of activities in Mukti foundation.

I also give my deep regards to the entire team of Mukti foundation whose tireless effort and dedication helped to complete the activities successfully.

I give my special thanks to the documentation team for keeping record of all activities, systematically arranging it and finally making the report presentable.

Last but not the least, I convey my heartiest thanks to the participants for undertaking the activities smoothly for which the report has got important inputs to present.

Priya Ranjan Das

Chairman, Mukti Foundation

ABBREVIATIONS

SSEPD	Social Security & Empowerment of Person with Disabilities
AIDS	Acquired Immuno-Deficiency Syndrome
ANM	Auxiliary Nurse Midwife
ART	Antiretroviral Therapy
ASHA	Accredited Social Health Activist
BCC	Behaviour Change Communication
CBO	Community Based Organisation
FGD	Focus Group Discussion
CD4	Cluster of Differentiation 4
CHC	Community Health Centre
HIV	Human Immunodeficiency Virus
ICTC	Integrated Counselling and Testing Centre
IDU	Injecting Drug Users
IEC	Information, Education and Communication
NGO	Non-Government Organisation
NHM	National Health Mission
OST	Opioid Substitution Therapy
PHC	Primary Health Centre
PLHIV	People Living with HIV
STD	Sexually Transmitted Diseases
STI	Sexually Transmitted Infections
WHO	World Health Organisation
MSJ& E	Ministry of Social Justice and Empowerment
OSACS	Orissa State AIDS Control Society
DDRC	Drug De-addiction and Rehabilitation Centre
IRCA	Integrated Rehabilitation Centre for Addicts
SHG	Self Help Groups
ORW	Outreach Worker

ADL	Activities of Daily Life
AISCCON	All India Senior Citizen's Confederation
AVYAY	Atal Vayo Abhyuday Yojana
BKPAI	Building a Knowledge Base on Population Ageing in India
BPL	Below Poverty Line
CBO	Community-based Organization
CHC	Community Health Centre
ESHG	Elderly Self-help Group
IGNOAPS	Indira Gandhi National Old Age Pension Scheme
IGNWPS	Indira Gandhi National Widow Pension Scheme
MSJE	Ministry of Social Justice and Empowerment
MWPSC Act	Maintenance and Welfare of Parents and Senior Citizens Act
NGO	Non-governmental Organization
NISD	National Institute of Social Defence
NPHCE	National Programme for Health Care of the Elderly
NPOP	National Policy on Older Persons
PHC	Primary Health Centre
RRTC	Regional Resource and Training Centre
SSEPD	Social Security & Empowerment of Person with Disabilities
SCW	Senior Citizens' Welfare
SDG	Sustainable Development Goal

ANNUALACTIVITYREPORT

(2023-24)

1. Introduction about Mukti Foundation

Mukti Foundation was established in October 2014, by a group of People who drugs aspiring to contribute towards addressing issues which had already affected their own lives in some way or other. These were people who had experienced the pain, agony and chaotic lives of drug use. Their families, friends and society were also affected at large, so there was a need for collective effort to prevent further damage.

The Organization registered under the Indian trust Act, 1882 during the year 2014. A voluntary, not-for-profit, non-religious, non-political, social-organization involved in sustainable development since 2014. The organization since its birth has been involved in several welfare and developmental activities in ameliorating the concerns issues and problems. Out of 30 districts Mukti foundation is working in two district of Odisha i.e. Khordha and Balasore.

Mukti Foundation being primarily a grassroots organization, the need for reaching our “humanitarian helping hand” is felt and at times it is frustrating for us to feel the helplessness. But on the other hand, it is encouraging in seeing a good number of drug users being brought and sustained in the mainstream and enabling them to earn their livelihood on their own-free of drugs

Mukti foundation primarily focuses on curing disorders due to psychoactive substance use referring to conditions arising from the abuse of alcohol, psychoactive drugs and other chemicals such as volatile agents. Mukti Foundation is a leading drug rehabilitation and de-addiction center in Bhubaneswar for substance abuse and behavioural addiction based in Orissa, India. Our reliable and effective drug and alcohol addiction recovery program is headed and supported by experienced dedicated therapists and by motivated staff with years of experience in treating addiction.

Vision:

Our mission is to assist the most disadvantaged members of our community. The primary aim is to empower individuals to reach their full potential, expand their capabilities, and uphold human dignity via the provision of high-quality services while adhering to resource constraints.

Mission:

Our trust works to enhance the physical, mental, and social well-being and overall development of marginalized and disadvantaged groups by providing access to services.

Objectives:

- The Mukti Foundation's primary goal in social development is to safeguard and promote human rights. Other goals include relieving suffering, advancing the interests of the underprivileged, preserving the environment, offering essential social services, and engaging in community development. They fight prejudice, advance social justice, and defend the rights of underprivileged and vulnerable groups.
- To assist the most vulnerable groups, especially children and young people, in avoiding or postponing the onset of substance use or substance use dependency.
- To offer the identified substance-using population evidence-based comprehensive treatment and rehabilitation or to help establish connections with treatment and rehabilitation services.
- To assist in the social and economic reintegration of families and communities by utilizing the State and Central Government's current programs.
- Studying the psychological underpinnings of those suffering from mental illness, sadness, anxiety, etc.
- Research on the methods for treating drug addicts and aiding in the rehabilitation of mentally sick and suffering individuals.
- To give drug addicts the greatest care and interventions possible.
- Assist individuals in need, particularly those impacted by armed conflict, disasters, and famines.
- Through our charitable Endeavour. Instead, we hope to rehabilitate the families affected by substance abuse and dependency disorders.

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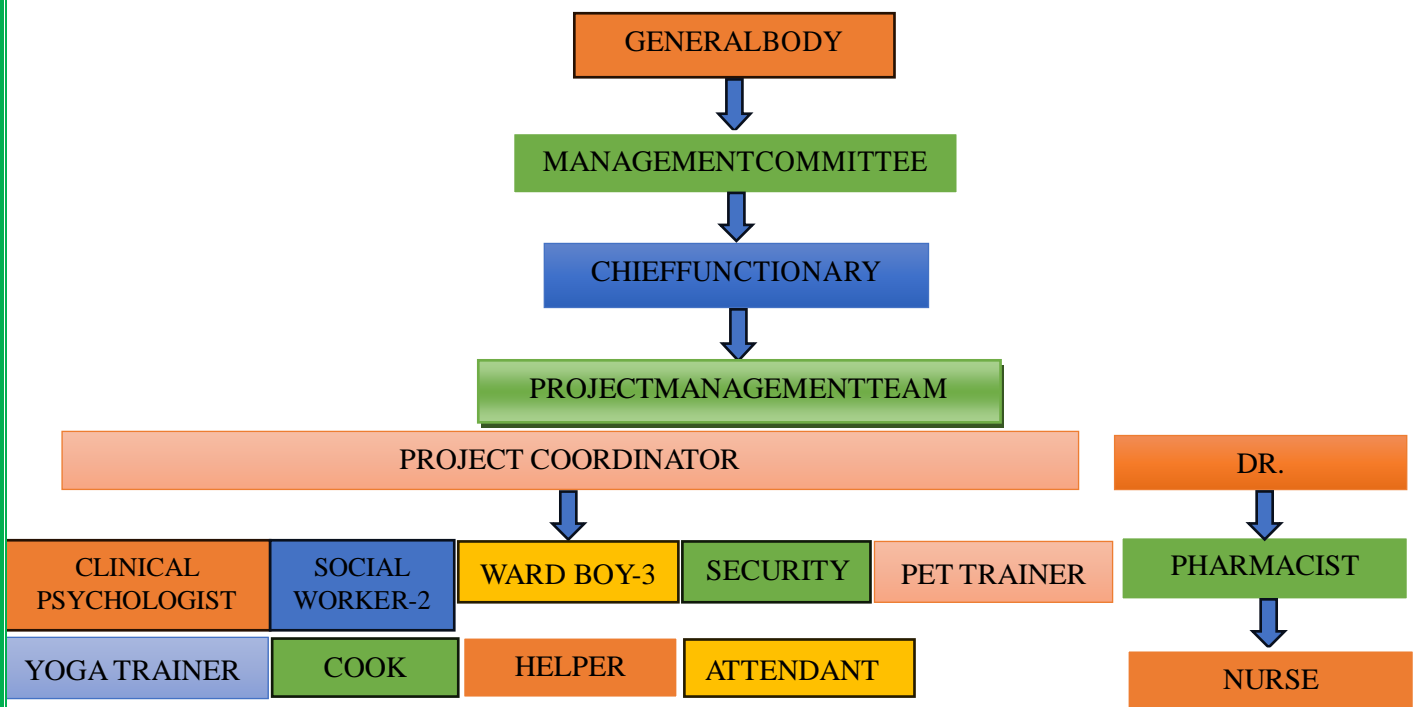
Legal Status:

- Registered under the Indian trust Act, 1882 during the year 2014
- NitiAayog Unique ID. of the Organization is OR/2022/0326930
- NGO Registration No of the organization is 41081407740
- PAN No. of the Organization is AAETM929L
- 12A No. of the organization is AAETM4929LE20221
- 80G No of the organization is AAETM4929LF20231

Human Resources

The organization has a multi-disciplinary team of professional like- project coordinator, doctors, staff nurse, pharmacist, PET trainer, Yoga Trainer, clinical psychologist, social workers, computer personal, administrative staff and field coordinator. All staff have adequate experience in their respective field.

ORGANISATION STRUCTURE



Project Name:

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

Area and Population Coverage

The project is to cover the state of Odisha and its respective districts. In 2023-24 the project holds more than 4000 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 Odisha state AIDS control society.

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-riskbehaviour, to create an enabling environment by sensitizing and mobilizing community supportive of safe behaviour by the IDUs and to establish communication and coordination between various stakeholders. Examination of successful projects in India and abroad demonstrates that a comprehensive approach is effective in reducing HIV/AIDS among population groups 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 bloodstream of an infected person. Sharing needles 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 40 nos of brown sugar addicts facing various difficulties.

2. Project Objectives and Strategies for the year-2023-2024

Objective are defined 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 behaviour; to create an enabling environment by sensitizing and mobilizing community supportive of safer behaviour by IDUs; to establish communication & coordination between various stakeholders. Project started from 1st of April 2023 with board members 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 two outreach workers and 4 peer educators.

The peer educator selection process was complete with support of clean IDUs from different drug de-addiction center. By the end of March 2024 project identified 525 IDUs in the area. GIS developed 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 counsellor, ORWs and PEs. Needle exchanges and drug substitution programs started with the target groups.

The primary screening was over with the identified IDUs by the 1 doctor. Till date FGDs/awareness have taken place in both the community, to find the problem for starting up the activity. Ex drug user team are involved as a support group in the project. FGD was conducted with IDUs family members to create an enabling condition in the family to support them to reduce the risk of HIV. The IDUs are highly elusive for their activities & are not well accepted by the society. The only risks aspect of their behaviour 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 behaviour does not emerge. However, it is strongly possible to grow and needs urgent attention.

3. Activities: Plan & Achievements

Sl. No	Activities	Target for the year 2023- 24	Achievement during 2023-24	Variance
1	FGD	30	30	
2	Awareness Programme	20	20	
3	Advocacy workshop	6	6	
4	Identification camp	4	4	
5	Needles& syringes	210	210	
6	Health Camp	4	4	

4. Programme Outcome

Mukti foundation organized 20 Awareness Programs and 6 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 6 advocacy camps in a financial year at 6 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 them 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 said infection.

The awareness programs conducted are as follows.

Month	Locations	Programme particulars
June (2023)	Saliasahi(09.06.2023) Bharatpur (16.06.2023) Badagada (21.06.2023) Dumuduma (27.06.2023)	Information HIV (human immunodeficiency 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 is a disease, its different forms and stages. Diagnosing addiction and its methods of treatment.
September (2023)	Bharatpur (08.09.2023) Badagada (15.09.2023) Unit-3 NAC Colony (22.09.2023) Dumuduma (28.09.2023)	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 8 communities across Bhubaneswar. We educated more than 145 people including 92 or more IUDs in 8 different locations across Bhubaneswar.
December (2023)	Dantakathi Bazar, Bhubaneswar, Unit-3 (11.12.2023) Shanti Basti, Unit-3 (16.12.2023) Munda Sahi, Chandrasekharpur (22.12.2023) Saliasahi (28.12.2023)	In this session we organized a workshop with 57nos 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 a wide range of educative workshops regarding the spread of HIV virus via injecting drugs.
February (2024)	Dumuduma (12.02.2024) Mali Sahi (16.02.2024) Badagada (19.02.2024) Rasulgarh Telenga Basti (26.02.2024)	We created our general awareness programme, and conducted it as usual. In Mali Sahi, we conducted a sex awareness programme among numerous sex workers, 35 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 relations with multiple partners. We also educated them on STDs (Sexually Transmitted Diseases) and how they spread among IDUs via needle exchange.

5. Police Advocacy Camps

We organized 6 advocacy camps in this financial year in six 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 much technological advancement but lack proper protection for themselves as they operate in a wide area 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 for 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 30 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 discussion 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 four identification camps, in Bhubaneswar at Mali Sahi, unit-3, Bharatpur, Saliasahi and Badagada respectively. The objective of this camp was 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 foundation organized 4 health camps this year in collaboration with family planning Association of India (F.P.I) and Odisha state AIDS control society. 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 6 drug de addiction centre in Bhubaneswar to referral the drug users for the de-addiction of the centre as a part of the project strategy. Narcotics Anonymous groups are actively involved with the program process to create an enabling environment through the support group activity. Establish linkages with VCCIC for blood tests of the largest group and their family members. Those to be found HIV positive linked them with the Kalinga network for people living with HIV/AIDS (KNP+).

5. Innovation & learning

Project start with an innovation strategy with exiting drug user substituting therapy and reduce the taking inject-able. It's found that 33% reducing in injecting of the injection. Reach and teach program started with them by counsellor, 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 behaviours. Provide information about the Government livelihood scheme for rehabilitation. Project learning is to understand the dynamism of the drug user to trace them for interventions. Problems faced in taking them to confidence, because by nature they are not comfortable with other communities.

6. Constraints 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.

7. Case Study

Case Study-1

Mr. Srikanta Dash a 42 years aged clean IDU with a sound health is living in Bhubaneswar. He is a good Trainer and Motivational Speaker. He started taking Ganja at the age of 17 for the charm of curiosity. After that he was taking Brown Sugar, Alcohol and then he was being in practice with Injecting. He was from a renowned Brahmin family where his father was a school Headmaster. He completed his graduation degree from Mahashree College, Bhubaneswar.

Due to his addictive behaviour, he was snatching an illegal activity which was creating problems in the family, so he was staying alone and making no contact with his family. For 25 years he was in addiction that had destroyed his life. But in the year 2023, he was being associated with Mukti Foundation and getting treatment over there and in 7 months of duration a drastic change had happened, he wanted to change by himself so; he took the treatment seriously and encouraged the inmate to change. Regularly he was provided counselling and follow up to start a drug free life. He motivated other inmates to become drug free life that makes his life more sustainable.

From 2023 to till date, he was running a drug free life and provides training at de addiction centre and also, he was a good motivational speaker that has make changes in other addictive person's life. Now he was accepted by his family and they also felt happy for their son's recovery.

Case Study-2

Mr. Chitan Mohapatra a 33 years aged clean IDU with a sound health is living in Bhubaneswar. 10 years back people knew him for his terrible behaviour. But now he is a completely changed man with a very contradicting character from his past. He is married and has given birth to two children. His father is a service man. 8 years back, he started his addiction 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 fulfil 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 14th October, 2023 our peer educator cum Counsellor Mr. Swadhin Pradhan 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 the 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.

Case Study-3

Mr. Rama Prasad Mishra aged about 57 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 behaviour and uncontrolled addiction. In the beginning he started with alcohol, taking small quantities in occasional events. But very soon he was completely consumed with it.

After his failure in activities he came back to India where he was introduced to Brown Sugar. He started consuming 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 fulfil his requirement of drugs. His behaviour turned tables and he became known to the society as an anti-social element. On 25th November, 2023 he was 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 is helping 20 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 2023-2024

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 2023-2024

- 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 programmes 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 behaviour.

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 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 fulfil 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 2023-2024.

Total No. of Admissions(non-mutually exclusive)	115
Total No. of persons admitted (mutually exclusive)	97
Total No. maintaining drug and Alcohol free life by March 2024	42
Persons who left program prematurely	0
Persons who died whilst on program	0

Activities Executed at the DDC

- Yoga Sessions- Yoga Classes are conducted by our prior staff members on an everyday basis from 7:30 am till 8:30am, in which all drug and alcoholic users admitted in Mukti foundation participate in conducting and practicing numerous yoga steps.
- Thought Session- Thought sessions are conducted every day 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 improvising a person's art of living. Therefore, we conduct a one hour Pranayam session in which we practice the addicts 'different respiratory exercises and an half an hour of meditation.
- **Group/ Personal Counseling Session-** Mukti foundation DDC believes that bare after medications, drug and alcoholic treatment is a psychological process. Therefore, we focus on personal and group counseling in which we assess the different case studies that we conduct after the detoxification process.
- We conduct 4 group counseling sessions every month which gives us a total number of 48 sessions per year. Every admitted drug/ alcohol user is subjected to individual counseling twice every month at Mukti foundation.
- **Family Counseling sessions:-** After 30 days of admission in our DDC, we conduct a parents counseling session in which we try to resolve the family problems created due to an addicts compulsive behavior. We educate them how to treat and maintain a safe environment with working things out with an addict. We conduct family counseling sessions every second Saturdays i.e. once every month.
- **Mushroom Cultivation:** Mukti foundation DDC not only treats for the detoxification of an addict and counseling for the growth of his recovery, but we also rehabilitate them to mainstream with the society. In this regard 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.

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	42 DDC residents who have completed the program remain drug free and field work supports DUs and enhances family relationships
To participate and to avail of various programs of central and state Government for	Program Manager attends all possible forums –e.g. Family Planning Association of India,

development of mental attitude of drug users	Odisha state AIDS control society & 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	122 attendances at DDC on HIV & AIDS – awareness and preventive behaviours (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.	4 SHGs in Salia Sahi, Bharatpur, Badagada & Dhirakuti Basti for women creating awareness 60 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	42/97 (43%) DDC residents streamed via Targeted Intervention Program 29/42 (69%) TIP who remained drug free
To create awareness against drug abuse and prevent the future generation from getting addicted to drugs	4 community awareness programs participated in World Vision, Odisha state AIDS control society and Family Planning India 3 Exposures through media (3 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	5 DDC ex-residents gaining employment: LEPRA 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	15 families attending the monthly family day (each month) 35 Cumulative attendances since beginning of program in April (April to Mar = 12 months)

Inauguration of Drug De-addiction and Rehabilitation Centre under DISHA Scheme at Palla, Khordha, Odisha

The chief guest Dr. Subrat Kumar Tripathy DTO, DHH, Khordha, chairman of Mukti foundation Priya Ranjan Dash inaugurated the drug de-addiction and rehabilitation centre under DISHA scheme at Palla in Khordha district of Odisha. Present amongst others were ex- drug user and community member, officials from various line departments and public at large were present.

Addressing the gathering Dr. Subrat Kumar Tripathy congratulated the department SSEPD involved in establishing the drug de-addiction and rehabilitation centre at Palla, Khordha which he said will be extremely beneficial for the people of Khordha periphery especially to those who are struggling with drug abuse and in need of assistance. He highlighted in brief how in today's world it is important to respond substantially to various kinds of substance abuse via providing quality treatment. In this regard the State Government of Odisha has established this DISHA scheme which can dispense proper cure which is accessible wherein the rehabilitation services are appropriate to the patients' needs and is sufficiently standardized. The Chief Guest added that setting up of this centre at Palla in Khordha constituency is a boon as this centre will aid in bringing about positive changes in the lives of the people being treated at the centre.

He also highlighted the various kinds of skill development training which will be provided to the addict person and informed about the various entrepreneurship initiatives. The patients in this centre can also be introduced to this scheme and become self-employed. He said that they can choose from the varied areas such as business, agriculture, paper plate, candle, incense stick, mobile repairing, dairy, poultry and others once they are discharged from the centre so that they can earn their own livelihood and become self-reliant. He also said that this centre will be run by highly qualified professionals and aim to be one of a kind centre which is friendly with effective strategy to rehabilitate the patients.



Speaking, during the occasion Mr. Priya Ranjan Dash, chairman, Mukti foundation expressed his congratulations to the State Government and the department in inaugurating the drug de-

addiction and rehabilitation centre under DISHA scheme at Palla which he said is much needed in today's world. He elaborated that treatment and rehabilitation services in this centre should play a key role in reducing the social stigma and discrimination against drug abusers and support their reintegration into society as healthy and productive members of the community.



Project coordinator Mr. Sushanta Rayaguru said that this drug de-addiction and rehabilitation centre has been set up with a deep aim which revolves about bringing about a constructive change amongst the drug abusers as well as the society in large. He added that this centre will be complete with quality professionals who will support the patients during their treatment and integrate with existing health and provide a continuum of care.



Chairman, Mukti foundation Mr. Priya Ranjan Dash

spoke in brief about the main components of the project and includes a detoxification centre. It has 8 rooms with attached toilets and bathrooms that can accommodate 30 Males. Facilities like visiting doctor's room, nurse's room, separate counselling room with attached washrooms, store rooms, waiting room and common washrooms has been built. The centre also has complete internal water supply and sanitation facilities as well as CCTV coverage.

Drug de-addiction & Rehabilitation Centre under DISHA Scheme (DDRC)

Programme Objective

Psychological and medical attention to the drug & alcohol addicts to release them from the dreadful and monstrous clutches of such intoxicating habits by introducing institutional/ non-institutional measures including medical attention and their rehabilitation into the mainstream of the society through drug de-addiction and rehabilitation project under DISHA scheme (DDRC).

Location

Drug de-addiction & rehabilitation centre under DISHA scheme (DDRC) - plot No- 1273, At- Palla, Po- Pallahat, Dist- Khordha, Odisha, Pin-752056.

Support/ Commencement of Programme

Social security & empowerment of person with disability department, Govt. of Odisha. The programme was commenced in the year 2024.

No of Centre

01(One)

Infrastructural Facility

The centre has the best infrastructure facilities for treatment of the addicts like counselling, treatment, recreational, open space, kitchen room etc.

Staffs and Resources

The centre has 17 nos. of well-trained staffs like project Coordinator, clinical psychologist, 2 no of social worker, doctor, pharmacist, nurse, yoga trainer, PET trainer, 3 no of ward boy, 2 no of security guard, cook & helper etc. have been deployed in the DDRC for necessary treatment and services.

Intake Capacity Admissions during the Year

The centre has 30 bedded intake capacity for providing psychological, medical and others services. During these two months (Feb & March-2024) 27 patients were admitted in Palla centre.

Activity Undertaken as per Programme Component

Indoor Treatment

The centre, (30 bedded) 27cases were admitted for detoxification and other medical care. Out of them 07Nos.were detoxified and discharged.

Counselling Services

There is a mental counselling support service to rule out the threat and possibility of relapses. All the cases were provided due counselling support to lead their times in sober condition.

Restoration & Rehabilitation

After receiving treatment and other services from the centre total 07nos.were detoxified and discharged. Out of them 15% of recovered persons have been rehabilitated in difference places of the society and are leading sober life.

Awareness Programme

The centre has organized 2nos. of awareness programme during last two months (Feb & March-2024). It is been observed through awareness programme that people are being aware about ill-effect of drugs.

Special Achievements and Success Stories

All the staffs always trying their level best to provide better services to the hardcore of drug addicts in particular and common people in general and few clients they have been engaged in different income generating activities.

Progressive Outcome of the Programme

Since establishment of the centre a total no of 27cases have been handled and 07nos. of have been maintaining sober life after receiving detoxification treatment from our centre till date.

Awareness Programme on Prevention of Alcohol and Substance Drugs Abuse with Community People

With an aim to create an awareness programme on prevention of alcohol and substance drugs abuse with community people, the Mukti Foundation has organized an awareness programme on “Prevention of Alcohol and Substance Drugs Abuse” with the community people at Tangiapada village on 20th February, 2024. The major objective of the



programme was to discuss the preventive measures towards eradication of alcoholism and substance drugs abuse as well as the major challenges encountered in this context. In the onset, Mr. Sashi Bhusana Mohanty, social worker delivered the welcome address and gave the introduction of DISHA members. A total of 19 community people including youth participated in the awareness programme. The project coordinator of Mukti foundation, Mr. Sushanta Rayaguru initiated the programme. He said that drug addiction and alcoholism are deviant activities. Addiction to drugs and alcohol is today a social phenomenon. Adding to this drug are chemical substances which influence our bodies or emotion when consumed may be called a drug. It occurs in our physical and psychological effects that lead to family disruption. Drug use and drug abuse have different meanings. Drugs are used to prevent illness called drug use. On the other hand, drug abuse refers, using drugs non-medical in quantity that lead to damage to our physical, mental and social in nature. If a person takes medicines in excess manner for without any reason implies drug abuse. The Project Coordinator along with clinical psychologist, social worker were coordinated with the slum dwellers and organized the programme effectively.

Aged care (senior citizens) programme

Project Name:

Gurujan Sevasharam for Senior Citizens

Area and Population Coverage

The project is to cover the state of Odisha and its respective districts. In 2023 the project holds 30 no of old aged persons above 60 years since its inception. The project also focuses to increase awareness among the schools and colleges students on aged care.

Background of the Project

Mukti foundation has managed 02 numbers of old age homes since 2023-24. The traditional norms and values of Indian society laid stress on showing respect and providing care for the aged. However, in recent times, society is witnessing a gradual but definite decline of the joint family system, as a result of which a large number of parents are being neglected by their families exposing them to lack of emotional, physical and financial support. These older persons are facing a lot of problems in the absence of adequate social security. This clearly reveals that ageing has become a major social challenge and there is a need to provide for the economic and health needs of the elderly and to create a social milieu, which is conducive and sensitive to the emotional needs of the elderly.

The Mukti foundation took this initiative to care for older persons with an attitude of confidence, fostering respect for them and encouraging fortitude in them and bringing a little certainty, even fun into their lives. The old age home are being insured with doctor and nurse and along with that professionally trained staff like Superintendent, Social worker and other helps such as cook and helper for necessary care and services of older person are made available in the centres.

Objectives

- Institutional care and rehabilitation of destitute old (60+) and aged persons, who are of or beyond 60 yrs of age, categories-discarded from family, childless, helpless widower, inadequate social support and establishing sustainable transitional living as an option for individuals to maintain independence.
- To provide a friendly residential setting within a care home environment.
- To provide a quality of life which enables residents to retain their independence, identity and sense of value
- To provide food, shelter and clothing to the elderly who are in need.

- To offer medical services as well as other programmes such as yoga and physical workouts to the elderly in order to improve their health.
- To provide educational and leisure opportunities for the elderly as well as opportunities for them to live a religious and meditative life.
- To meet the goals of an old age home, print books, newspapers, magazines, brochures, pamphlets and other materials.

No. of Centres

Old age Homes-02

Project Location

Old age home at- Dhusuli, Po- Sadar, Dist- Balasore, Pin-756003

Old age home Plot no-568/2352, Po- Old town, Dist- Khordha, Pin-751002

Support Beneficiaries

30 helpless old people have taken benefits of two old age home. (Dhusuli-15 and Old town-15)

Benefits Offered

The organization supports like- fooding and medical facilities, recreational facilities and productive engagement or possible income making and provides a homely atmosphere as per daily routine. There is a system of doctor's check-up thrice a week for necessary treatment and medication. Morning and evening prayer, yoga, reading books & magazines, watching T.V, indoor games like- playing cards, chess, dice etc. are regularly seen. They are at times taken for outing/sight-seeing and tourist places as per their wishes. They also observe different festivals at the homes like Holi, Kartik Brata etc. till date Mukti foundation has facilitated around 30 older persons since the days of starting.

Aged Care Sensitizing Programme

The need of the time is to care for the aged in all spheres. The habit of caring for the aged should be developed from the child-hood so that there would be less vulnerability in the society. Developed from the childhood keeping this much thought in mind, Mukti foundation organizes sensitization programmes for the children of school on a continuous basis since 2023 in the district of Balasore & Khordha. Sensitization programmes are organized at schools and colleges for observing grandparent's day. Essay, debate and drawing competition etc. are also conducted every year on the issue of senior citizens. During the year report 7no of sensitization programmes were organized where in at least 165 schools and colleges going

students were covered. Besides this essay, debate and drawing competitions were organized and prizes were distributed to the successful students those stood 1st, 2nd and 3rd rank.

Awareness Programme

Free gifts to the Senior Citizens during New Year 2024

As a practice, every year gifts are given to the inmates of the old age home. This year also, sarees were given to the old women in the old age home. This promotes good will among the inmates and boosts their morale. Looking at the smiling faces of the old women brings lots of satisfaction to the management and the staff.



Legal awareness for SHG women

Legal awareness is a very important aspect, especially for women who are deprived of their rights in society. Hence, we had a resource person who informed the ladies about their legal rights and raised awareness among them.



Free food for inmates of the Old Age Home

Free food is being donated to the inmates of the old age home. Serving food is one of the noblest works in society. Hence, the NGO serves food to the elderly women here.



World Senior Citizens Day is celebrated every year on 21 August across the world. The day is dedicated to senior citizens to raise awareness about the issues like age deterioration and elder abuse that affect older adults. Also, on this day the senior citizens are acknowledged and appreciated for their dedication, accomplishments, and the services they have given to society throughout their lives. After meals, communities offer not only scheduled activities but also facilities and



equipment so you can do things on your own. The activities may include carpentry, arts, and crafts, swimming, reading a library book, spending time on the terrace or in the yard with family, neighbors or friends, or other activities in which you are interested. You will find that many of the other residents come from environments like yours, and most are friendly and welcoming. You can even discover an old friend who lives a few doors down. Your family is always welcome at lunch time, for activities or to visit.

School Sensitization Programme

Four numbers of sensitization programs on intergenerational bonding in schools for students from 9th to 10th class were organized. The major objectives of this sensitization programme were to create awareness among the young students to understand of the unifying roles played by both generations in creating a stable society and to help dismantle significant barriers across age, gender and cultural differences to build relationships in which they work with and learn from each other. And also to use an intergenerational approach to involve families, communities and other support systems to create healthy young people, strong families, responsible communities & a robust nation. Keeping the above objectives in focus, 'Four Days Sensitization Programme' was conducted from 15th December, 2023 to 29 June, 2024 in different school Premises of Balasore & Khordha district in Odisha.

College Sensitization Programme

Three numbers of Sensitization Program on intergenerational bonding in colleges for young college students was organized. The major objectives of this sensitization programme were to create awareness among the young college students understanding of the unifying roles played by both generations in creating at able society and to help dismantle significant

barriers across age, gender and cultural differences to build relationships in which they work with and learn from each other. And also to use an intergenerational approach to involve families, communities and other support systems to create healthy young people, strong families, responsible communities & a robust nation. Keeping the above objectives in focus, ‘Two days Sensitization Programme’ was conducted from 4th December, 2023 to 28th June, 2024 in three different College Premises of Balasore & Khordha district in Odisha.

Documentation of IEC and Resource Materials

The Mukti foundation has developed various materials for the dissemination of information. among them leaflets, brochures and posters. The materials were written both in English and Odia, so that it will be easily understandable to all.

One Day Awareness Programme on Issues of Senior Citizens for PRIs

The one-day Awareness programme was organized in Sadar block of Balasore district on 13.02.2024 & Khordha district on 15.02.2024. The gathering remarked that the awareness programme is the endeavour of formed at which aims at addressing the Issues of senior citizens” affecting older persons of the country. The coordinator of Mukti foundation shared that, through lectures and other events will disseminate the awareness about elderly abuse and provide counselling and requisite help to those in need. He also stressed that others can only advise and render support to the abuser, but it is the person himself who has to muster courage and get out of his own problem through acquiring knowledge in the above said awareness programme. The inaugural ceremony was started by the chairman of Mukti foundation with the presence of some staff of the Mukti foundation, general people and all the PRI members present in the programme.

At first, the chairman of the Mukti foundation told about the importance and objective of the meeting, then he requested for the proceeding of the programme. Then the organizer started their sessions of the programme. The Mukti foundation arranged two resource persons who discussed about introduction of aging, Govt. Schemes & Programmes for Senior Citizens, maintenance and welfare of parents and senior citizens Act, 2007 and role of PRIs towards caring for Senior Citizens. The Members of PRIs of Sadar blocks of Balasore & Khordha district and the media persons participated in the Programme. Nearly 75 numbers of participants were joined in the programme. In addition to the programme, IEC distributed among the participants to create awareness among them.

Activities in Photographs



Group Counselling Session



Advocacy Meeting with Stakeholder Focus Group Discussion



Yoga Classes



Focus Group Discussion



Individual Counselling



Health Camp



Yoga Classes & Entertainments



School Sensitization Programme at Balasore & Khordha District in Odisha