

ਰਾਜ ਵਿੱਦਿਅਕ ਖੋਜ ਅਤੇ ਸਿਖਲਾਈ ਪ੍ਰੀਸ਼ਦ, ਪੰਜਾਬ

ਛੇਵੀਂ ਮੰਜ਼ਿਲ, ਬਲਾਕ-ਈ, ਪੰਜਾਬ ਸਕੂਲ ਸਿੱਖਿਆ ਬੋਰਡ ਕੰਪਲੈਕਸ,

ਫੇਜ਼-8, ਐੱਸ.ਏ.ਐੱਸ.ਨਗਰ ਫੋਨ ਨੰ: 0172-2212221

ਵੱਲ

ਜ਼ਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫ਼ਸਰ (ਸੈਕੰਡਰੀ ਸਿੱਖਿਆ),

ਪਠਾਨਕੋਟ।

ਮੀਮੇ ਨੰਬਰ: SCERT/YNV/682989/342

ਮਿਤੀ: 17 ਸਤੰਬਰ, 2026

ਵਿਸ਼ਾ: 'ਯੁੱਧ ਨਸ਼ਿਆਂ ਵਿਰੁੱਧ' ਮੁਹਿੰਮ ਤਹਿਤ ਹਾਈ ਅਤੇ ਸੀਨੀਅਰ ਸੈਕੰਡਰੀ ਸਕੂਲਾਂ ਦੇ ਅਧਿਆਪਕਾਂ ਲਈ

"ਅਧਿਆਪਕ ਜਾਗਰੂਕਤਾ ਟ੍ਰੇਨਿੰਗ ਪ੍ਰੋਗਰਾਮ" ਉਲੀਕਣ ਸਬੰਧੀ।

ਹਵਾਲਾ: ਨਾਲ ਨੱਥੀ ਪਰਪੋਸਲ ਅਨੁਸਾਰ।

1. ਉਪਰੋਕਤ ਵਿਸ਼ੇ ਵੱਲ ਆਪ ਦਾ ਧਿਆਨ ਦਿਵਾਇਆ ਜਾਂਦਾ ਹੈ ਕਿ ਪੰਜਾਬ ਸਰਕਾਰ ਦੀ 'ਯੁੱਧ ਨਸ਼ਿਆਂ ਵਿਰੁੱਧ' ਮੁਹਿੰਮ ਦੇ ਤਹਿਤ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਮਾਨਸਿਕ ਸਿਹਤ ਦੇ ਸੁਧਾਰ ਅਤੇ ਨਸ਼ਿਆਂ ਦੀ ਰੋਕਥਾਮ ਲਈ ਰਾਜ ਦੇ ਸਰਕਾਰੀ ਸਕੂਲਾਂ ਦੇ ਅਧਿਆਪਕਾਂ ਲਈ ਇੱਕ ਵਿਸ਼ੇਸ਼ ਸਿਖਲਾਈ ਪ੍ਰੋਗਰਾਮ ਚਲਾਇਆ ਜਾ ਰਿਹਾ ਹੈ। ਅੰਮ੍ਰਿਤਸਰ, ਫ਼ਾਜ਼ਿਲਕਾ, ਤਰਨ ਤਾਰਨ ਅਤੇ ਗੁਰਦਾਸਪੁਰ ਜ਼ਿਲ੍ਹਿਆਂ ਵਿੱਚ ਇਹ ਸਿਖਲਾਈ ਵਿੱਚ ਸਫਲਤਾਪੂਰਵਕ ਮੁਕੰਮਲ ਹੋਣ ਤੋਂ ਬਾਅਦ, ਹੁਣ ਇਹ ਪ੍ਰੋਗਰਾਮ ਸਤੰਬਰ/ਅਕਤੂਬਰ 2026 ਦੌਰਾਨ ਜ਼ਿਲ੍ਹਾ ਪਠਾਨਕੋਟ ਵਿੱਚ ਆਯੋਜਿਤ ਕੀਤਾ ਜਾ ਰਿਹਾ ਹੈ।
2. ਇਸ ਪ੍ਰੋਗਰਾਮ ਤਹਿਤ ਤੁਹਾਡੇ ਜ਼ਿਲ੍ਹੇ ਦੇ ਹਾਈ ਅਤੇ ਸੀਨੀਅਰ ਸੈਕੰਡਰੀ ਸਕੂਲਾਂ ਦੇ ਲਗਭਗ 1147 ਅਧਿਆਪਕਾਂ ਨੂੰ ਸਿਖਲਾਈ ਦਿੱਤੀ ਜਾਣੀ ਹੈ। ਇਹ ਟ੍ਰੇਨਿੰਗ ਕੁੱਲ 15 ਦਿਨਾਂ ਵਿੱਚ 2 ਬੈਚਾਂ (ਪ੍ਰਤੀ ਦਿਨ 2 ਪੈਰਲਲ ਬੈਚ, ਹਰੇਕ ਬੈਚ ਵਿੱਚ 40 ਅਧਿਆਪਕ) ਰਾਹੀਂ ਚਲਾਈ ਜਾਵੇਗੀ, ਜਿਸ ਦਾ ਸਡਿਊਲ ਹੇਠ ਲਿਖੇ ਅਨੁਸਾਰ ਹੈ:

ਲੜੀ ਨੰ	ਹਫ਼ਤਾਵਾਰ	ਦਿਨਾਂ ਦੀ ਗਿਣਤੀ
1.	21.09.2026 - 25.09.2026	5
2.	28.09.2026 - 03.10.2026	5
3.	05.10.2026 - 09.10.2026	5

3. ਇਸ ਟ੍ਰੇਨਿੰਗ ਦੇ ਸੁਚਾਰੂ ਪ੍ਰਬੰਧ ਲਈ ਆਪ ਨੂੰ ਹੇਠ ਲਿਖੇ ਅਨੁਸਾਰ ਕਾਰਵਾਈ ਕਰਨ ਦੇ ਨਿਰਦੇਸ਼ ਦਿੱਤੇ ਜਾਂਦੇ ਹਨ:

- 3.1 ਜ਼ਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫ਼ਸਰ(ਸੈ:ਸਿੱ:) ਪਠਾਨਕੋਟ ਇਸ ਟ੍ਰੇਨਿੰਗ ਪ੍ਰੋਗਰਾਮ ਦੇ ਓਵਰਆਲ ਇੰਚਾਰਜ ਹੋਣਗੇ।

- 3.1** ਜ਼ਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ(ਸੈ:ਸਿੱ:) ਪਠਾਨਕੋਟ ਇਸ ਟ੍ਰੇਨਿੰਗ ਪ੍ਰੋਗਰਾਮ ਦੇ ਓਵਰਆਲ ਇੰਚਾਰਜ ਹੋਣਗੇ।
- 3.2** ਡੀ.ਐਨ.ਓ. ਪਠਾਨਕੋਟ ਇਸ ਪ੍ਰੋਗਰਾਮ ਦੇ ਸਮੁੱਚੇ ਸੰਚਾਲਨ ਲਈ ਕੋਆਰਡੀਨੇਟਰ ਵਜੋਂ ਭੂਮਿਕਾ ਨਿਭਾਉਣਗੇ।
- 3.3** ਸਥਾਨਾਂ ਦੀ ਚੋਣ (Venues): ਜ਼ਿਲ੍ਹੇ ਵਿੱਚ 3 ਅਜਿਹੇ ਢੁਕਵੇਂ ਸੈਂਟਰਾਂ/ਸਕੂਲਾਂ ਦੀ ਚੋਣ ਕੀਤੀ ਜਾਵੇ, ਜਿੱਥੇ ਪ੍ਰੋਜੈਕਟਰ ਅਤੇ ਬੈਠਣ ਦੀ ਉਚਿਤ ਵਿਵਸਥਾ ਹੋਵੇ।
- 3.4** ਭੋਜਨ ਅਤੇ ਰਿਫ੍ਰੈਸ਼ਮੈਂਟ: ਟ੍ਰੇਨਿੰਗ ਦੌਰਾਨ ਅਧਿਆਪਕਾਂ ਅਤੇ ਰਿਸੋਰਸ ਪਰਸਨਾਂ ਦੇ ਦੁਪਹਿਰ ਦੇ ਖਾਣੇ (Lunch) ਅਤੇ ਚਾਹ-ਪਾਣੀ ਦੇ ਪ੍ਰਬੰਧ ਲਈ ਸਥਾਨਕ ਵੈਂਡਰਾਂ ਦੀ ਭਾਲ ਲਈ ਜ਼ਿਲ੍ਹਾ ਸਮਾਜਿਕ ਸੁਰੱਖਿਆ ਅਫਸਰ ਨੂੰ ਪੂਰਨ ਸਹਿਯੋਗ ਦਿੱਤਾ ਜਾਵੇ। ਇਸ ਦਾ ਖਰਚਾ ਨਸ਼ਾ ਮੁਕਤੀ ਭਾਰਤ ਅਭਿਆਨ (NMBA) ਫੰਡਾਂ ਵਿੱਚੋਂ ਜ਼ਿਲ੍ਹਾ ਸਮਾਜਿਕ ਸੁਰੱਖਿਆ ਅਫਸਰ ਰਾਹੀਂ ਕੀਤਾ ਜਾਵੇਗਾ।
- 3.5** ਰਿਹਾਇਸ਼ ਅਤੇ ਸਫ਼ਰ: ਬਾਹਰੋਂ ਆਉਣ ਵਾਲੇ 4 ਰਿਸੋਰਸ ਪਰਸਨਾਂ ਦੇ ਰਹਿਣ ਅਤੇ ਆਉਣ-ਜਾਣ ਲਈ ਲੋੜੀਂਦੇ ਪ੍ਰਬੰਧਾਂ ਲਈ ਜ਼ਿਲ੍ਹਾ ਸਮਾਜਿਕ ਸੁਰੱਖਿਆ ਅਫਸਰ ਨੂੰ ਸਹਿਯੋਗ ਦਿੱਤਾ ਜਾਵੇ।
- 3.6** ਨੇਡਲ ਅਧਿਆਪਕਾਂ ਦੀ ਨਾਮਜ਼ਦਗੀ: ਸਮੂਹ ਸਬੰਧਤ ਸਕੂਲਾਂ ਦੇ ਮੁਖੀਆਂ ਨੂੰ ਹਦਾਇਤ ਕੀਤੀ ਜਾਵੇ ਕਿ ਉਹ ਸਕੂਲ ਪੱਧਰ 'ਤੇ ਗਤੀਵਿਧੀਆਂ ਦੀ ਨਿਗਰਾਨੀ ਲਈ ਆਪਣੇ ਸਕੂਲ ਵਿੱਚੋਂ ਇੱਕ ਨੇਡਲ ਅਧਿਆਪਕ ਜ਼ਰੂਰ ਨਾਮਜ਼ਦ ਕਰਨ।
- 4.** ਇਸ ਪ੍ਰੋਗਰਾਮ ਦੇ ਸੁਚਾਰੂ ਸੰਚਾਲਨ ਅਤੇ AIMS ਮੋਹਾਲੀ ਨਾਲ ਤਾਲਮੇਲ ਬਣਾਉਣ ਲਈ ਜ਼ਿਲ੍ਹਾ ਨੇਡਲ ਅਫਸਰ ਮਿਸ ਅੰਸੂ ਸੁਜਨ ਓਮਨ, ਪ੍ਰੋਜੈਕਟ ਐਸੋਸੀਏਟ, DITSU AIIMS ਮੋਹਾਲੀ (8086632938), ਨਾਲ ਸੰਪਰਕ ਵਿੱਚ ਰਹਿਣਗੇ।
- 5.** ਇਸ ਪ੍ਰੋਗਰਾਮ ਦੀ ਮਹੱਤਤਾ ਨੂੰ ਮੁੱਖ ਰੱਖਦੇ ਹੋਏ, ਟ੍ਰੇਨਿੰਗ ਦੇ ਸ਼ਡਿਊਲ ਅਤੇ ਚੁਣੇ ਗਏ ਸਥਾਨਾਂ (Venues) ਦੀ ਮੁਕੰਮਲ ਰਿਪੋਰਟ 18 ਸਤੰਬਰ, 2026 ਤੱਕ ਹਰ ਹਾਲਤ ਵਿੱਚ ਇਸ ਦਫ਼ਤਰ ਨੂੰ ਭੇਜਣੀ ਯਕੀਨੀ ਬਣਾਈ ਜਾਵੇ ਤਾਂ ਜੋ ਡਾ. ਬੀ.ਆਰ. ਅੰਬੇਡਕਰ ਸਟੇਟ ਇੰਸਟੀਚਿਊਟ ਆਫ ਮੈਡੀਕਲ ਸਾਇੰਸਿਜ਼, ਮੋਹਾਲੀ ਨਾਲ ਅਗਲੇਰੀ ਰੂਪ-ਰੇਖਾ ਸਾਂਝੀ ਕੀਤੀ ਜਾ ਸਕੇ।
- 6.** ਇਸ ਸਬੰਧੀ ਸਾਰੇ ਬਿੱਲ ਜ਼ਿਲ੍ਹਾ ਸਮਾਜਿਕ ਸੁਰੱਖਿਆ ਅਫਸਰ ਦੇ ਨਾਂ ਤੇ ਹੋਣੇ ਚਾਹੀਦੇ ਹਨ ਤਾਂ ਜੋ ਭੁਗਤਾਨ ਵਿੱਚ ਕੋਈ ਸਮਸਿਆ ਨਾ ਹੋਵੇ। ਇਸ ਸਬੰਧੀ ਸਬੰਧਤ ਦਫ਼ਤਰਾਂ ਨਾਲ ਬਿਲਾਂ ਦੀ ਅਦਾਇਗੀ ਸਬੰਧੀ ਨਿੱਜੀ ਤੌਰ ਤੇ ਤਾਲਮੇਲ ਕਰ ਲਿਆ ਜਾਵੇ।
- 7.** ਇਸ ਨੂੰ ਪਰਮ ਅਗੇਤ ਦਿੱਤੀ ਜਾਵੇ।

ਕਿਰਨ ਸ਼ਰਮਾ ਪੀ.ਸੀ.ਐਸ
ਡਾਇਰੈਕਟਰ,
ਐੱਸ.ਸੀ.ਈ.ਆਰ.ਟੀ.,ਪੰਜਾਬ।

ਪਿੱਠ ਅੰਕਣ ਨੰਬਰ: ਉਕਤ

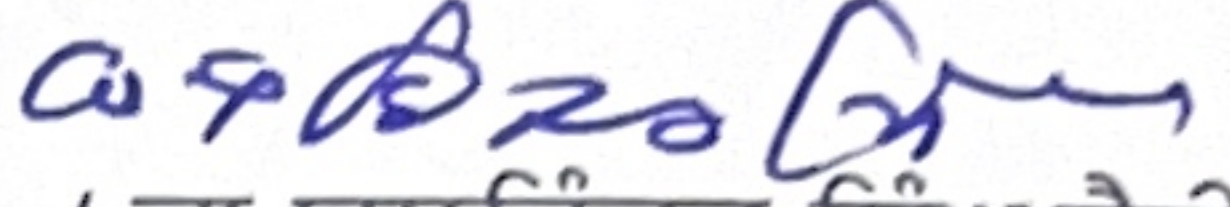
ਮਿਤੀ: 17.09.2026

ਉਤਾਰਾ ਹੇਠ ਲਿਖਿਆਂ ਨੂੰ ਸੂਚਨਾ ਅਤੇ ਅਗਲੇਰੀ ਲੋੜੀਂਦੀ ਕਾਰਵਾਈ ਹਿੱਤ ਭੇਜਿਆ ਜਾਂਦਾ ਹੈ:

1.0 ਪੀ.ਏ. ਟੂ ਮਾਨਯੋਗ ਸਕੱਤਰ, ਸਕੂਲ ਸਿੱਖਿਆ ਪੰਜਾਬ।

2.0 ਪੀ.ਏ.ਟੂ ਵਿਸ਼ੇਸ਼ ਸਕੱਤਰ,ਸਮਾਜਿਕ ਸੁਰੱਖਿਆ,ਇਸਤਰੀ ਅਤੇ ਬਾਲ ਵਿਕਾਸ ਵਿਭਾਗ, ਪੰਜਾਬ।

- 3.0 ਪੀ.ਏ. ਟੂ ਡਾਇਰੈਕਟਰ ਐੱਸ.ਸੀ.ਈ.ਆਰ.ਟੀ., ਪੰਜਾਬ।
- 4.0 ਡਾਇਰੈਕਟਰ ਸਮਾਜਿਕ ਸੁਰੱਖਿਆ ਅਤੇ ਇਸਤਰੀ ਅਤੇ ਬਾਲ ਵਿਕਾਸ ਵਿਭਾਗ, ਪੰਜਾਬ
- 5.0 ਡਾਇਰੈਕਟਰ ਪ੍ਰਿੰਸੀਪਲ, ਏਮਜ਼ ਮੋਹਾਲੀ।
- 6.0 ਜ਼ਿਲਾ ਸਮਾਜਿਕ ਸੁਰੱਖਿਆ ਅਫਸਰ, ਪਠਾਨਕੋਟ ।
- 7.0 ਜ਼ਿਲਾ ਨੇਡਲ ਅਫਸਰ, ਪਠਾਨਕੋਟ ।
- 8.0 ਪ੍ਰੋਜੈਕਟ ਐਸੋਸੀਏਟ, DITSU AIIMS ਮੋਹਾਲੀ


(ਡਾ.ਬਲਵਿੰਦਰ ਸਿੰਘ ਸੈਣੀ)

ਸਹਾਇਕ ਡਾਇਰੈਕਟਰ
ਐੱਸ.ਸੀ.ਈ.ਆਰ.ਟੀ., ਪੰਜਾਬ।

PROPOSAL

Teacher Awareness Building Programme for Student Mental Health and Substance Use

Strengthening School Ecosystems in Punjab

Submitted to: State Council of Educational Research and Training (SCERT), Punjab

September 2026

Background and Rationale

Under the *Yudh Nashean Virudh* (War Against Drugs) initiative of the Government of Punjab, the Dr. B.R. Ambedkar Institute of Medical Sciences, Mohali, through the Data Intelligence and Technical Support Unit (DITSU), is strengthening psychosocial interventions across the state. Recognising schools as critical platforms for prevention and early intervention, a structured teacher sensitisation programme is being implemented across multiple districts.

Teachers play a vital role in shaping students' emotional, behavioural, and social development. Equipping them with mental health awareness, early identification skills, and preventive strategies is essential to reducing substance use risks among adolescents. However, most teachers lack formal training to recognise early warning signs, often interpreting distress-related behaviours as indiscipline. This underscores the need to reframe substance use as a psychosocial and health concern rather than a moral issue.

In line with this approach, sensitization trainings for Heads of Schools have already been conducted across nine districts of Punjab, including Faridkot, Fazilka, Ferozepur, Amritsar, Sri Muktsar Sahib, SAS Nagar, Roopnagar, Gurdaspur, and Tarn Taran. This engagement has established a strong foundation for a whole-school approach to mental health and substance use prevention. Building on this foundation, the Teacher Awareness Building Programme has started across the state. This was initiated in Amritsar in May 2026, then scaled up to Fazilka and TarnTaran in August 2026 and Gurdaspur on 03 September 2026. The next phase is proposed to commence in Pathankot on 21st September 2026, followed by a phased rollout across other districts.

Objectives

These awareness programmes aim to equip teachers with practical tools to facilitate student-centric discussions and activities on mental health, substance use awareness, associated risks, and the development of coping strategies.

- Build teachers' understanding of adolescent development and its impact on mental health and behaviour
 - Equip teachers with skills to identify concerns, provide initial support, and facilitate appropriate referrals
 - Develop awareness of substance use patterns, risk factors, and their impact on students' wellbeing
 - Enable teachers to foster coping skills and emotional regulation among students
 - Strengthen early detection and response mechanisms within school settings
 - Promote supportive, inclusive, and mentally healthy school environments
-

Outcomes of Pilot Implementation in Amritsar

The Teacher Sensitization Programme piloted in Amritsar reached over 2800 teachers from high and senior secondary schools. Analysis of structured feedback indicates strong engagement, positive reception, and meaningful shifts in both knowledge and attitudes related to adolescent mental health and substance use.

Quantitative Outcomes

- **76%** of participants reported feeling motivated to actively contribute towards building a healthier and more supportive school environment.
- **60%** of teachers expressed confidence in their ability to appropriately respond to suspected substance use among students, reflecting improved readiness for early identification and intervention.
- **86%** of participants rated the facilitator's delivery as "Excellent" on a 5-point scale, indicating high satisfaction with training quality and engagement.
- **86%** of teachers acknowledged the link between adolescent substance use and factors such as stress, peer influence, emotional challenges, and adverse social environments, demonstrating a shift towards a psychosocial understanding of substance use.

Qualitative Outcomes

1. Shift in Behaviour Interpretation

Teachers reported a significant shift in how they interpret student behaviour. Actions such as aggression, withdrawal, inattentiveness, and irritability previously viewed as indiscipline are now increasingly recognised as potential indicators of emotional distress or vulnerability to substance use.

2. Change in Attitudes Towards Substance Use

There was a notable transition from viewing substance use as a moral failing to understanding it as a health and psychosocial concern. Teachers demonstrated increased awareness of contributing factors such as mental health conditions, peer dynamics, family environment, and neurobiological aspects of addiction. Importantly, there was a clear shift

towards a recovery-oriented perspective, with greater emphasis on empathy, support, and the possibility of positive change.

3. Application of Learnings in School Settings

Participants articulated practical strategies for implementation, including:

- Engaging students through private, non-judgemental conversations
- Identifying early warning signs such as behavioural and emotional changes
- Referring students to counsellors where necessary
- Creating emotionally safe and inclusive classroom environments
- Promoting awareness and preventive discussions on substance use

Teachers also expressed an increased sense of responsibility and agency, recognising their role as key stakeholders in safeguarding student wellbeing.

4. Overall Feedback

The training was widely appreciated for its relevance, clarity, and applicability to real classroom challenges. Participants highlighted the comprehensive nature of the sessions and valued the shift in perspective, it enabled from managing behaviour to understanding student needs. The programme not only enhanced awareness but also fostered a more compassionate and proactive approach to student engagement.

Overall, the Capacity Building Programme in Amritsar demonstrated strong potential for scalability, with clear evidence of impact on teacher perceptions, preparedness, and intended practices.

Scope and Implementation Plan

Sensitization of Heads of Schools have already been conducted across nine districts of Punjab, laying a strong foundation for a whole-school approach. Building on this, the Teacher Sensitization Programme covering teachers from high and senior secondary schools was initiated in Amritsar, then scaled up to Fazilka and TarnTaran in August 2026. The next phase is proposed to commence in Gurdaspur in September 2026, followed by a phased rollout across other districts.

A total of 2280 teachers, out of approximately 2778 high school and senior secondary school teachers in the district, will be trained through 57 batches during the month. Three batches of 40 teachers each will run in parallel each day across 19 training days. Accordingly, teachers are to be assigned from the respective blocks to these training batches. The remaining blocks/teachers may be covered in a subsequent phase.

The Data Intelligence and Technical Support Unit (DITSU), based out of Dr. B.R. Ambedkar State Institute of Medical Sciences, SAS Nagar, will support the programme implementation, through identification of trainers, ensuring quality assurance of training

delivery, and designing and curating training materials and resources. Ongoing feedback mechanisms and continuous improvement processes will also be undertaken.

Support is requested from the SCERT Department for the effective implementation of the programme across the proposed districts. This includes assistance in identification of training venues, facilitating appropriate vendors for provision of lunch and refreshments for teachers, arranging accommodation and travel for the resource persons.

The overall cost of implementation is proposed to be met through funds allocated under the Nasha Mukti Bharat Abhiyan(NMBA) / National Action Plan for Drug Demand Reduction (NAPDDR). The District Education Officers are to extend necessary support to the District Social Security Officers in facilitating the disbursement of payments through the NMBA funds.

To ensure sustained implementation at the school level, it is proposed that a nodal teacher be designated in each school to anchor and monitor programme activities. To ensure effective translation of training learnings into classroom practice, teachers are encouraged to undertake at least one activity with students following the training. These activities may include discussions, classroom exercises, or awareness sessions on mental health, emotional wellbeing, and substance use prevention.

Monitoring and Evaluation

The impact of the programme will be assessed through a structured monitoring and evaluation framework, including:

- Participant feedback surveys to evaluate the relevance, effectiveness, and quality of the training sessions
- Documentation of programme reach, including the number of teachers trained and schools covered

This structured approach will ensure accountability, quality, and measurable outcomes across all phases of implementation.

Estimated Budget & Timeline

The proposed Teacher Sensitization Programme will be implemented in Pathankot from 21September 2026 to . The timeline and total budget for the district is given below.

Table 1 : Timeline

Sl. No.	Week	No. of training days in the week
1	21.09.2026 - 25.09.2026	5
2	28.09.2026 - 03.10.2026	5
3	05.10.2026 - 09.10.2026	5

Table 2 : Total budget

Budget of Teachers Training under Yudh Nashean Virudh								
Sr No.	District Name	Proposed Month	No. of teachers	No. of Batches	No. of Venue	No. of Resource Persons Required (per day)	No. of Days	Total Budget Per District
1	Pathankot	September/ October	1147	28 batches (2 batches per day)	2	4	15	4,60,000

A total of 1147 high school and senior secondary school teachers will be trained through 28 batches. The total estimated budget for the teacher capacity building programme is INR 4,60,000 (Rupees Four Lakh Sixty Thousand only).

The budget for the Teacher Awareness Building Programme has been developed based on standardised cost norms and includes the following components:

Table 2: Budget Components and Costing Framework

Component	Item	Costing
Teacher Capacity Building	Resource Persons Honorarium	(INR 2500 x No. of RP x No. of Days)
	Lunch and refreshment for Participants	(INR 180 x No. of Days x No. of Participants)
	Accommodation for Resource Persons	(INR 600 x No. of RP x No. of Days)
	Resource Persons Travel Allowance	(INR 1000 x No. of RP x No. of Weeks)
	Stationary	(INR 25 x No. of Participants)
	Miscellaneous Costs (Banners and Travel Support for RP from place of accomodation to venue and back)	(INR 1200 x No. of Venues x No. of Weeks)

RP= Resource Persons/ Trainers

The cost of implementation is to be supported through the funds under the Nasha Mukti Bharat Abhiyan (NMBA) / National Action Plan for Drug Demand Reduction (NAPDDR).

Conclusion

The dual challenge of student mental health concerns and substance use necessitates a response that is both preventive and systemic. Teachers, as the most consistent adult presence in the lives of adolescents, are uniquely positioned to identify early warning signs, respond appropriately, and connect students to support before issues escalate.

Implemented under the Yudh Nashean Virudh campaign of the Government of Punjab, this initiative brings together the education and public health systems in a coherent, evidence-informed approach to addressing one of the state's most pressing challenges. Building on the foundation laid through capacity-building of Heads of Schools and Teacher capacity building programme commenced from Amritsar, followed onto TarnTaran & Fazilka, scaling this programme represents the next critical step in strengthening a whole-school approach.

By equipping teachers with essential knowledge, practical skills, and structured tools, the programme aims to institutionalise preventive mental health and substance use interventions within the school system. Its phased, scalable design positions it as a sustainable and replicable model for promoting student wellbeing across Punjab.

We request the State Council of Educational Research and Training (SCERT), Punjab to extend its support and collaboration in implementing this programme across government schools in Pathankot, with a view to further strengthening and expanding this model across the state.