

# ANNUAL REPORT

For  
2023-2024



## JEEVAN ASHA

**INTEGRATED REHABILITATION CENTRE FOR  
ADDICTS (IRCA),**

**At-GODIPOKHARI, PO/DIST-KHORDHA**

**Managed by**

**VISHWA JEEVAN SEVA SANGHA**

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### INTRODUCTION:

“VISHWA JEEVAN SEVA SANGHA”(VJSS), Khordha is one of the leading organizations of Odisha which is committed for the up-liftmen of poor and down -trodden people from the grass root level. There are varieties of programmes and activities like health, education, women empowerment, geriatric care and child education are undertaken as the major activities in different districts of Odisha since 1984.

“JEEVAN AHAA” the Integrated Rehabilitation Centre for Addicts (IRCA) managed by Vishwa Jeevan Seva Sangha is sponsored by Ministry of Social Justice and Empowerment ,Govt.of India, New Delhi. It is located at-Godipokhari, Po-Khordha of District Khordha and situated at back side of NH-16 and 1 K.M far away from the Khordha Makundaprasad near petrol pump . It is started functioning since 15<sup>th</sup> March 1999. This is a 15 bedded indoor hospital meant for detoxification and completes recovery of the drug dependants.

### GOAL:

Jeevan Asha is committed:

- 1) To make the society free from drug abuse.
- 2) Providing services for leading a meaningful and qualitative lives to drug dependant people.
- 3) To develop culture specific model for the prevention of addiction and treatment and rehabilitation of addict.

### OBJECTIVES:

- To launch widespread awareness campaign on Drug Abuse Prevention.
- To help the addicts for their total abstinence from drugs for life.
- To bring effective changes in the behavior and attitude of addicts and their environment for their better social functioning and reintegration.
- To promote the activities for proper rehabilitation of detoxified addicts.
- Work place prevention programme.
- Innovative intervention to strengthen the community based rehabilitation.

**ACTIVITIES UNDERTAKEN :**

All the programmes and actions of Jeevan Asha are undertaken by seven steps. They are as follows .

- 1) Awareness generation
- 2) Identification and referral services
- 3) Registration
- 4) Admission
- 5) Treatment/Detoxification
  - i) Medical Treatment
  - ii) Psychological Treatment
    - a) Individual Counselling
    - b) Group Counselling
    - c) Family Counselling
    - d) Yoga and Meditation
    - e) Physical Exercise
    - f) Relaxation Exercise
- 6) Follow -up
- 7) Rehabilitation

**AWARENESS GENERATION:**

Drug addiction is one of the most burning problems of modern society. It has destroyed the constructive and creative powers of millions of youth. The monster can destroy a person physically as well as mentally, socially and economically too. In several ways it is more dangerous than incurable diseases. Such disease can killed one person but drug abuse can kill the addict as well as cause a great deal of pain and suffering to his near and dear ones. Therefore it is very important for the awareness of the people. The addicts and public should be made aware of the causes, consequences and a remedial aspects of the disease through various media tools.

During the year 2023-24 we have organized forty eight numbers of awareness campaigns in the villages Golabai, Kankapur, Talapada, Goda, Chhanagiri, Godipada, Tirimalla, Mandarbasta, Jaguleipadar, Bhusandapur, Jamuna Jharapada, Mallipur, Gadamanatri, Barasahi, Haladia, Keranga, Bajapur, Botalama, Bharatpur, Taraboi, Arugul, Jatani, Jankia, Narangarh, Mandarbasta, Telangapada, Gadasanaput Sardhapur, Mota, Rameswar, Rambhabili, Jariput, Bhatapada, Golabai, Seko, Balipatapur, Tamando Bhubaneswar, Sardhapur, Haripur, Patapur, Banki, Dingar, Badapokharia, Mangalajodi, Saliasahi & Kotapala, etc. Throughout the year plenty of posters and leaflets were circulated in different areas of home district and outside on regular basis.

**IDENTIFICATION AND REFERRAL SERVICES:**

Door to door survey is being conducted for the identification of the addicts. During awareness programs village leaders, volunteers and guardians of the family are also requested for the support in the identification of drug dependants. After identification the addicts are motivated and referred to the center for treatment .

**REGISTRATION:**

While an addict and his family members reach the centre they are welcomed wholehearted and all the staff try to established rapport with them. Then looking into the intensity of addiction the patient is decided to be registered for treatment either in Outdoor or Indoor.

During the year 2023-24 total 394 nos (OPD) Register & 182 (IPD) Admission of male addicts have registered their names in different categories of drugs. No female addicts were yet registered in our centre till today.

**TYPES OF DRUGS TAKEN BY ADDICTS:**

Sl.No.	Type of drug	No. of Addicts
1	Alcohol	101
2	Cannabis	39
3	Opium	0
4	Brown Sugar	90
5	Injection	0
6	Others(Corex )	0
7	Multiple Drugs	181
	<b>Total</b>	<b>411</b>

**DEMOGRAPHIC DISTRIBUTION :**

Addicts of different districts of Odisha had registered their names in our centre during the year 2022-23. They came from Khordha, Nayagarh, Puri & Cuttack Districts.

Sl.No	Name of the District	No. of Addicts
1	Khordha	302
2	Puri	56
3	Cuttack	21
4	Nayagarh	22
5	Ganjam	06
6	Jajpur	01
7	Sonepur	01
8	Dhenkanala	01
9	Jagatsinghpur	01
	<b>Total</b>	<b>411</b>

**AGE GROUP:**

The Age Group distribution of addicts was as follows:

Age Group	No. of Addicts
13-17	0
18-23	86
24-30	119
31-45	145
46-60	58
Above	03
<b>Total</b>	<b>411</b>

**EDUCATION:**

Out of 385 nos. addicts registered their names in the centre during the 2021-22 they have been categorized as follows:

Sl.No.	Educational status	No. of Addicts
1	Illiterate	08
2	Literate	13
3	Primary education	112
4	Middle education	145
5	HSC/Hr. Sec	108
6	Graduate	23
7	Post Graduate	02
	<b>Total</b>	<b>411</b>

**MARITAL STATUS:**

Regarding the marital status of addicts registered in the centre for the said period as follows:

Sl.No.	Marital status	No. of Addicts
1	Never married	164
2	Married	236
3	Widow/widower	03
4	Divorced	01
5	Separated/Divorced due to drug use	07
	<b>Total</b>	<b>411</b>

**EARNING STATUS AND SOURCES OF INCOME :**

The following characteristic table clearly reflects the category of earning status and sources of income of the clients during the years 2022-23.

Sl.No.	Employment status	No. of Addicts
1	Currently unemployed	97
2	Never employed	65
3	Part time employed	10
4	Full time employed	132
5	Self employed	107
6	Student	
	<b>Total</b>	<b>411</b>

**ADMISSION:**

After the completion of the registration process the outdoor patients are checked up by the Medical Officer of the centre and individual counseling is provided to them by the counselor of the centre. The indoor patients are admitted in the centre for treatment for a period of one month. At the time of admission all the necessary formalities are maintained by the Project Coordinator and Counselor of the centre. Then the clients are allowed to get entry into the indoor section of the centre after thorough search of their belongings in view of possession of any harmful weapon including drugs.

**TREATMENT:**

During the year 2023-24 out of 411nos. of addicts registered themselves in the centre 411 nos. were taken only outdoor treatment and 182 nos. were taken indoor treatment. From 182 nos. of indoor addicts 181 were detoxified and completed the stipulated period of stay at the centre. One cases drop out.

**COUNSELLING:**

Counseling is the best medicine for the prevention of the disease addiction. In the year 2023-24 the following nos. of counseling sessions have been provided to the addicts.

<b>Types Counselling</b>	<b>No. of Sessions held</b>
Individual	1500
Group (Reductive session group therapy counseling)	257
Family Counselling	602
(Reductive session of support person counseling)	50

**YOGA, MEDITATION AND PHYSICAL EXERCISE:**

Yoga is very compulsory for all clients. The type of Yogasan is selected by Yoga Therapist as per the need of the patient to gain physical stamina and reorganize weaker muscles, tissues and joints. Meditation is practiced every day evening to regain mental stability and concentration. Spiritual classes are also conducted by the Yoga Therapist. Every day morning physical exercises are done. For this we have exercise instruments like Bull Worker, Mini Bull Worker, Deeps, Dumb bells, Finger grippers, Skipping Ropes and etc. have been kept in our centre. All these are done in the proper guidance of Yoga Therapist of centre.

**RELAXATION EXERCISE:**

For relaxation the mind of the inmates there is provision of playing indoor games like carom, chess and ludo. TV, video, stereo, sound set are provided for their recreation. The patients are also allowed to play outdoor games like volley ball and badminton under the guidance of our staff. They are also provided with daily news paper, magazines and library books. Every year the patients are taken to nearby picnic spot for their enjoyment.

**FOLLOW-UP:**

Regular home visits are conducted by the social worker of the center and the patients are encouraged to meet the doctor and counselor in regular interval to seek medical advice and their progress . During the year 2023-24, 59 nos. of home visits had been undertaken, 688 nos. of telephone calls made to the patients. This follow -up activities help the patients to maintain long term sobriety.

**REHABILITATION:**

Research studies repeatedly demonstrate a strong link between staying clean and having a job. Most notably employment means legitimate income and a constructive activity which help increasing self esteem and developing healthy coping skills of the clients. Employment helps in overall mental and physical growth of the patient.

**INSPECTION/VISIT:**

Mr Biswa Ranjan Das, Documentation Officer, AVA RRTC, EAST zone-III Visited & document verification on dated 31.08.2023 & PMU unit visited verify the all document PMU,MSJE & Govt, New Delhi verify the record and interacted client & staffs on dated 18.12.2023. They interacted with the inmates, verified the records and viewed their satisfactory remarks in the inspection report.

**CELEBRATION OF DAY OBSERVANCE:**

International Day against Drug Abuse and Illicit Trafficking is observed globally on 26<sup>th</sup> June in every year. This day is observed to give the message to the people about the dangerous consequences of drug abuse and acceptance of social problems. This year we had celebrated in the centre The meeting was presided by Mr. Alok Kumar Ray, Project Co-ordinator of our centre. A debate competition on "Addiction is a social disease" was held among the client of IRCA Every year Independence Day, Republic Day, Gandhi Jayanti and World AIDS Day are observed very enthusiastically by the clients and staff of the centre.

**CONCLUSION:**

To conclude "JEEVAN ASHA" the Integrated Rehabilitation Centre for Addicts (IRCA) At-Godipokhari, P.O/Dist-Khordha is the only one and unique institution of western Odisha to meet the overwhelming challenges of Drug Addiction. During the last Twenty five years it has been proved to be the life saving centre of thousands of the addicted people. It has got the support of local people, institutions, organizations and officials at large .

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## PHOTOGRAPHS OF IRCA, JEEVAN ASHA, KHORDHA



World No Tobacco Day-2023



Jeevan Asha , Client Feeding



Awareness Programme



Awareness Programme



Awareness Programme by Prajapati  
Brahmakmari



Celebration of Independent Day



Monitoring & supervision By DSS, Khordha



Recreational activity by Client



IRCA inmate celebration of Diwali



IRCA inmate celebration of Diwali



IRCA inmate Celebration of Holi



IRCA inmate Celebration of Holi



**Health Checkup by Nurse**



**Family Counselling by Ward Boy**



**Monitoring of IRCA by- SSEPD, Govt. Odisha**



**Discussion about Drug addict by Prajapati  
Bramhakumri**



**Group sharing class by Ward boy**



**Monitoring & Supervision of IRCA by- RRTC,  
AVA**



**Awareness programme by Prajapati  
Bramhamakumari**



**Observation of World Drug Day-june-26**



**Awareness Programme by Prajapati  
Brahmakmari**



**Observation of World Drug Day-June-26  
(rally)**



**Awareness Programme on Drug  
Prevention**



**Recreation Activity by inmates**