



R6_ReportEndorsement Form

(It should be endorsed by the head or other senior administrators of the institution with responsibility for overseeing the proposed project. Should you have any concerns on the endorsement, please consult with your respective regional officers)

To: Dr. Wong Wai Ching Angela
Vice President for Programs
United Board for Christian Higher Education in Asia

Dear Dr. Wong,

Union Christian College, Aluva, Kerala, India, would like to submit the report in both narrative and financial form for the project titled:

Identification of risk factors and psychological correlates of substance abuse: A service-learning initiative


Yours sincerely,

Signature:

Name: Dr. Thara K. Simon

Position: Principal

Date: 30-07-2018


Dr. THARA K. SIMON
Principal
Union Christian College
Aluva-2

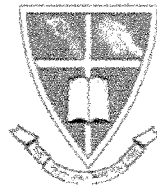


UNITED BOARD FOR CHRISTIAN HIGHER EDUCATION IN ASIA

**IDENTIFICATION OF RISK FACTORS AND PSYCHOLOGICAL CORRELATES OF
SUBSTANCE ABUSE:
A SERVICE-LEARNING INITIATIVE**

FINAL REPORT FOR PROGRAM GRANTS

(For 2017-2018 Grants)



Submitted by

**Union Christian College
Aluva, Kerala
India- 683 102**

For Official Use Only	
Received on:	
Fiscal Year & (Batch no.- BGP only)	

R3_CompletionReport

(for completed projects only)

I. Basic Information

1. Name of Institution:	Union Christian College, Aluva, Kerala, India		
2. Proposal Title:	Identification of risk factors and psychological correlates of substance abuse: A service-learning initiative		
3. Full Project Period(month/year):	One year From July 1, 2017 to June 30, 2018		
4. Total Amount awarded (in USD):	\$ 4000		
5. Project Leader(s)(please insert rows for more project leaders if necessary)			
	Name & Position	Department / Unit	Email
a	Dr. Malini R., Project leader	Assistant Professor, Department of Psychology, Union Christian College	malinir@uccollege.edu.in
b	Dr. Seena M. Mathai, Co-investigator	Assistant Professor, Department of Psychology, Union Christian College	seenaby2000@gmail.com
c	Ms. Syna Soosan Abraham, Co-investigator	Assistant Professor, Department of Psychology, Union Christian College	synacharles@hotmail.com
6. Report prepared by			
	Name & Position	Department / Unit	Email
	Dr. Malini R., Project leader	Assistant Professor, Department of Psychology, Union Christian College	malinir@uccollege.edu.in
7. Contact Person(if different from the above)			
	Name & Position	Department / Unit	Email
	NA		

II. Final Report – Reflections from the Project Leader(s)

8. Objectives as per original application *(please insert rows for more objectives)*

- i. The project was undertaken to provide an experiential learning opportunity for the students of Psychology. Students of Psychology learn the general factors related to substance use and dependence as part of their curriculum, they learn them in the context of the Western culture. The study was aimed at identifying the risk factors and psychological correlates of substance abuse in the context of the state of Kerala.
- ii. The activity was intended to help students gain understanding regarding the social relevance of the concept.
- iii. Students were expected to gain knowledge regarding the need to curb the abuse of substances and chart appropriate intervention strategies suitable for the prevention of the unruly use of the same.

9. All project activities completed and related results

1. At the very outset, an Anti-drug use campaign 'Bodhanam 2017' was organized on the 10th of October 2017, by the Department of Psychology in association with the YMCA (Alangad), Aluva Municipality, UNI-Y unit (UCC), Elderly Association (UCC), National Cadet Corps, and National Service Scheme units of the college. A rally was organized with teachers, students, and members of the above mentioned associations with a view to sensitize the public regarding the ill effects of drug abuse and dependence. The rally was followed by a detailed presentation of the causes and effects of drug abuse by Mr. Job V. T, Preventive Officer, Excise Department of the Anti Narcotics Cell, Aluva, Kerala.
2. Students of Psychology learn the concept of substance as part of their curriculum. At the initial stage, an assessment tool was developed to gather data from second year B.Sc. students of Psychology regarding their baseline understanding of risk factors and factors contributing substance abuse.
3. Development of required assessment methods to do further data collection from participants was the next step. As part of this, a one-day workshop on 'Psychological assessment' was organized on the 4th of December 2017, with Prof. V. George Mathew

and Prof. Immanuel Thomas, former Heads of the Department of Psychology, University of Kerala, as resource persons. Appropriate assessment tools were developed after the workshop. Students who attended the workshop were able to get involved in the development of assessment schedules meant for data collection.

4. Consultation with experts in the field of mental health enabled students to gain adequate information regarding the difficulties in intervention and treatment of people addicted to substances.. Rigorous discussions were held during different phases of the activity.
5. As part of field trip meant for enrichment of students involved in service learning activity, students of Psychology visited psychiatric hospitals with de-addiction units attached to them. They could take part in the Alcoholic Anonymous (AA) meetings held at the De-addiction unit of the hospital and could meet the inpatients as well. Students got opportunity to meet psychiatrists, psychologists and social workers who were part of the de-addiction team and sessions were led by them where they shared both scientific and practical information about the risk factors of substance abuse, treatment methods and rehabilitation of drug users. This enabled students to gain relevant information regarding the factors associated with drug use initiation and maintenance, especially in the context of our culture.
6. Students of II Year Psychology also visited schools, interviewed students, and collected data from them regarding the prevalence of substance use, attitude of students to drug use and student understanding regarding the effects of drug use. Peer group influence was found significant in the case of initiation of drug use. Apart from this, several other familial and social factors were found as contributing to initiation and maintenance of drug use behavior.
7. On the 26th of June 2018, an initiative was taken to celebrate the International Day against drug abuse and illicit trafficking. A painting competition was held for the students of the college under the theme 'Against Drug Abuse'. More than 40 students participated in the competition and the paintings were later exhibited for the teachers and students of the college. A group painting event on the above theme was also organized as part of the program which was inaugurated by Prof. Unnikrishnan, Former Faculty member of Raja Ravi Varma College of Fine Arts, Mavelikkara, Kerala. The

event helped to reinstate the role of youth in being change-agents and as mediators in spreading public awareness about the ill-effects of substance abuse and the need for abstaining from it.

8. A two-day workshop on 'Qualitative research Methods' was organized by the Department of Psychology on the 28th and 29th of June 2018. The program enabled students to understand the nature of approach required for further scientific data collection from those addicted to the use of substances, and those who recovered from substance use. The need for structured interviews and focus group discussions was discussed.

10. Achievements *(to what extent do you think you have achieved the objectives of this project? Give reasons for under-achievements, if appropriate and outline attempts to overcome problems.)*

In every sense, the intended objectives of the activity could be achieved.

- The service learning activity was found beneficial by the students who got involved in the same. Since the activity was intended to enhance student learning, at the outset, an assessment tool was developed which could assess the level of awareness of Psychology students regarding the amount of risk involved in the factors which lead to initiation of drug use among adolescents. The scale also included items which could assess student knowledge regarding the major factors that prevent adolescents from not abusing drugs. The scale was then administered to the students. Assessment of Psychology students' understanding about the concept of substance abuse after the exposure they received through service learning activity was carried out. Students were found to have increased awareness about the role of various psychosocial factors in substance abuse after the exposure.
- The students were given the required exposure to the concept of drug abuse apart from what they learn from books. They got the opportunity to visit de-addiction units of hospitals and clinics wherein they met patients under medical and psychological treatment. By being part of Alcoholic Anonymous meetings, they could directly interact with patients under treatment and those under recovery. Consultation with psychiatrists, psychologists and social workers enabled to have a better understanding

regarding the biological, psychological and social perspectives of substance abuse. The students could gain practical information regarding the role of family, peer and social influences on the initiation and maintenance of drug use.

- Support from NGO's and local authorities was obtained in organizing public events such as Anti-drug use campaigns. The program helped to ensure further local support for any related activity organized in sensitizing the public regarding the ill-effects of substance abuse.
- Students involved in service learning activity got the opportunity to visit schools and educational institutions and study the attitude of school students towards drug use. An awareness schedule was later prepared by students themselves, (following a workshop on psychological test construction) which could be administered to school and college students to understand their attitude towards drug abuse. They could even identify the factors which are important in preventing adolescents from not abusing drugs. Thus, students could reach a higher level of understanding about the chief risk factors of substance abuse and the need for early intervention and prevention of this hazardous behavior.
- The exposure that students obtained through community interaction enabled them to take initiative to organize awareness sessions for school students. Based on the feedback obtained after these sessions, students themselves could arrive at specific conclusions as to how intervention programs need to be charted.

11. The greatest challenges with implementing this project

Several difficulties were encountered in the process of meeting the objectives of the project.

- The service learning project was undertaken for a period of one year. Reaching the various goals of the project was difficult due to constraints of time. Community related exposure had to be given to students within the time allotted, which was not an easy task within the demands of the existing curriculum followed for the undergraduate program.
- Visits to hospitals and clinics with de-addiction units were another objective of the project. But obtaining permission for visit to such places was not very easy. Also

consent had to be obtained from patients under de-addiction treatment, before meeting them.

12. Future development for the project (how will it be sustained or institutionalized?)

- The service learning activity done by the students will be carried forward to the coming years. Students who engaged in the activity will be designing appropriate intervention strategies to prevent substance abuse, based on the exposure they gained. School students within the age range of 11-15 years have been identified as the target population on which early intervention has to be applied. School authorities have expressed their intent to have Memorandum of Understanding with our institution to ensure the service of students of Psychology at their institution.
- As the next step, students of Psychology intend to do intervention at the college level. Use of qualitative research methods such as focus group discussions and structured interviews with the users of substances within the campus would enable gathering of more detailed information about factors associated with substance abuse among young adults.
- Students in the campus from streams of study other than Psychology would be included in planning intervention strategies. This would enable them to develop a sense of responsibility towards one's society and channelize their energy to socially constructive outlets.

III. Reflections from the External Evaluator

As outlined in the instructions for Institutional Grants Program, United Board asks project leaders to select an external evaluator to reflect on project goals and progress to date.

Please send the 'External Evaluation Form (R5) to the external evaluator to fill out and submit it with other required documents for submission.

**Not required for Bamboo Grants Program*

IV. Financial Report

The report should align with the budget approved. Exchange rate should be indicated. Please take reference of the template for Completion Financial Report (R4), and submit it with the narrative report by the deadline.


ATTACHED AS A SEPARATE SHEET

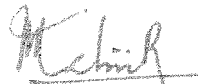
V. Institution's Endorsement

Complete the Report Endorsement Form (R6) and submit it with other required documents for submission.

ATTACHED




Dr. THARA K. SIMON
Drawing & Disbursing Officer
U. C College, Aluva


Dr. Mathinil.

R4_Template for Completion Financial Report

R4_2017.06

Institution: Union Christian College, Aluva, Kerala, India
Proposal Title: Identification of risk factors and psychological correlates of substance abuse: A service-learning initiative
Full Project Duration: July 1, 2017 to June 30, 2018
Total Amount awarded (in USD): 4000

For multi-year project: 1st year: _____ / 2nd year: _____ / 3rd year: _____
Exchange rate (at the rate the amount was received at the bank): eg. USD 1 = INR 65
For multi-year project: 1st year: _____ / 2nd year: _____ / 3rd year: _____

Year 1: 2017-2018

Program Activities	Items	Received from	Actual Expenses	Indian Rupees	Cost-share (if any)	Local currency	Balance (if any)
		United Board USD	USD		USD		USD
Activity 1	Procurement of books related to the theme of the project (25 books)	869.49	869.49	56517	Nil		0
Activity 2	Enrichment of students involved in service learning activity						
	i) Remuneration to resource person (76.92X1 personX1 day)	76.92	76.92	5000			0
	ii) TA to Resource person (67.14X1 personX1 day)	67.14	67.14	4364			0
	iii) Remuneration to resource person (46.15X1 personX1 day)	46.15	46.15	3000			0
	iv) Remuneration to resource person (15.38X13 days)	0	199.94	13000	200		0
Activity 3	Organizing workshops						
	a) Workshop on psychological test construction						
	i) Registration fee (3.08X2 persons)	0	98.46	6400	98.46		0
	ii) Venue charges (1 day)	0	51.54	3350	51.54		0
	iii) Food (145.14X65 personsX1 day)	145.14	145.14	9434	0		0
	iv) Remuneration to resource persons (61.54X2 persons)	123.08	123.08	8000	0		0
	v) Accommodation and printing charges	112.2	112.2	7293	0		0
	b) Workshop on qualitative research methods						
	i) Venue charges (76.92X2 days)	0	153.84	10000	153.84		0
	ii) Study materials, computer charges, expert guidance	0	196.15	12750	196.15		0
	iii) Remuneration to resource persons (73.08X2 persons)	146.15	146.15	9500	0		0
	iv) TA to resource persons (57.69X2 persons)	115.38	115.38	7500	0		0
	v) Lunch and refreshments (1.70X2 daysX70 persons)	238.46	238.46	15500	0		0
	vi) Workshop kit, accessories, printing	131.75	131.75	8564	0		0
Activity 4	Community Interaction						
	a) Anti-drug use campaign						
	i) Announcement, food etc.	155.89	155.89	10133	0		0
	ii) Local assistance	0	46.15	3000	46.15		0
	b) Visit to schools, hospitals, clinics	457.69	550	35750	0		0
	c) Celebration of International day against drug abuse						
	i) Printing charges, travel, remuneration, refreshments	197.03	197.03	12807	0		0
	ii) Venue charges (2 days)	0	61.54	4000	61.54		0
Activity 5							



 Dr. M. A. K. SIMIC

 Drawing & Disbursing Officer

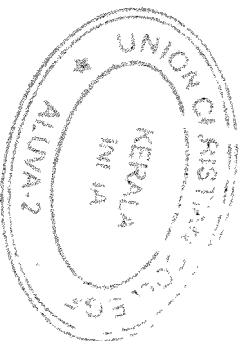
 U. C. College, Aluva



 Dr. M. A. K. SIMIC

Date entry, coding etc	a) Consultation with experts (14,90x10 daysx 5 persons)	0	744.8	48409	744.8	0	0	0
b) Internal charges	0	55.25	3991	55.25	0	0	0	0
Activity 6								
Report preparation	Documentation	717.53	717.53	466.38	Nil	0	0	0
10% of amount to institution as overhead charges	400	400	26000	0	0	0	0	0
<i>Subtotal</i>	4000	5700	370500	1700	0	0	0	0
<i>Indirect cost (if any)</i>	0	0	0	0	0	0	0	0
Total amount received from the United Board		4000						
Balance for this project		0						
Balance held from previous project (if applicable)		N/A						
Balance accrued (if any)^{a)}		0						

- ^{a)} Balance accrued (if any) will be (please check one):
 Proposed to extend the current project into another year (Please attach brief proposal)
 Retained by the institution for credit towards new United Board grant
 Returned to United Board



Dr. Mahima R.
 Dr. Mahima R.

Dr. Thara K. Simon
 DR. THARA K. SIMON
 Drawing & Disbursing Officer
 U. C. College, Aluva