

Shri Govind Guru University, Godhra



Syllabus for
**Post Graduate Diploma in
Drug De-Addiction and Rehabilitation**

Effective from Academic Year (2021-2022)

PGDDR 01:

- a) Any graduate of this University or any other recognized University is eligible to seek admission to this program.
- b) Admission will be granted in order of merit determined on the basis of the marks secured in undergraduate examination in the aggregate.
- c) Maximum seats will be 30. Reservation as per the Gujarat Govt. rules shall be provided.
- d) Minimum percentage marks at undergraduate examination for eligibility shall be as per policy of the State Govt. of Gujarat.

PGDDR 02:

- Enrolment shall be valid for three academic sessions

PGDDR 03:

- Duration of the program will be one academic session consisting of two semesters.

PGDDR 04:

- Medium of Instruction and examination will be English/Gujarati.

PGDDR 05:

- Term fee for the course is Rs. 30,000/- per seat (Rs. 15,000/- per semester)

PGDDR REGULATIONS

1. The course structure will be as following

Paper No.	Title	Credit	Max. Marks		
			Internal	External	Total
1	Sem-1 Problem of Drug Addiction	3	50	50	100
2	Sem-1 Drug de-addiction and Rehabilitation Programme Practice	3	50	50	100
3	Sem-2 Apprenticeship / Internship	3	50	50	100
4	Sem-2 Project Report, Viva Voce/Five Seminar and Papers	3	50	50	100
	Total	12	200	200	400

2. Passing standard shall be 50% marks minimum in the aggregate and 40% marks minimum in each paper with separate passing in internal and external components.
3. Minimum attendance as per University rules and passing minimum marks in internal must be fulfilled to appear at the University examination.
4. Apprenticeship/Internship will be for six months. Internal Marks to be awarded by his immediate supervisor on the basis of traits like Punctuality, integrity, attitude towards work, communication skill, inter personal relationship, etc. External marks to be awarded by the Chief of the organization on the basis of on the job performance/Learning during internship.
5. Project work will be based on real life cases dealt during internship highlighting gap between theory and practice. Internal guide will be faculty member recognised as supervisor by the University. Four copies of the project report with spiral binding will be submitted along with a soft copy (C.D.) for evaluation. It will be evaluated by internal supervisor and external expert jointly and Viva-voce based on it will be conducted by them jointly but marks will be

awarded by external expert only. Alternatively a student may submit 5 seminar papers presented by him/her.

6. Detailed course contents of theory papers are given below:

Paper – 1 Problem of Drug Addiction

30 contact hours

Exam. -3 hours

Max. Marks – 50 marks

Unit-1:

Drug Manufacturing, trading and consumption in India – historical, sociological, religious, economic, philosophical, psychological, political, technical and legal factors smuggling of banned drugs. Distribution, storage, transport, communication channels.

Unit-2:

Consequences of Drug addiction – Economic, Physiological, Psychological (mental), sociological and legal. A few blind faiths.

Awareness about it. Factors affecting awareness like literacy, media, NGO's work and preventive efforts, family and friends, teachers, religious gurus and saints.

Unit-3:

Article 37 of the constitution of India. Drug supply reduction. Drug demand reduction. The Narcotic Drugs and Psychotropic substances (NDPS) Act, 1988. The prevention of Illicit Traffic in Narcotic Drugs and Psychotropic Substances (NDPS) Act, 1988. Role of NCB under the Ministry of Home Affairs (MHA) Govt. of India.

Unit-4:

Demand reduction through activities to create awareness, treatment and rehabilitation of drug addicts. Ministry of Social Justice and empowerment and Ministry of health and Family Welfare, Govt. of India's role. Drug De-Addiction

programme (DDAP). National Drug Dependence Treatment Clinics (DTC's) scheme. National Programme for Tobacco Control (NTCP) merger of the two into National Program for Tobacco control and Drug Addiction Treatment (NPTCDAT). Concerned Bureaucrats, heads of Institutions and centers to be contacted in case of need for help.

Unit-5:

Manpower need for these programs. Drug counselors, social workers, outreach workers of treatment centers. Role played by National Institute of Social Defense, Ministry of Social Justice & Empowerment, Govt. of India. Role played by the State Govt. Training need determination.

Paper – 2 Drug de-addiction and Rehabilitation Programme Practice

30 contact/practice hours

Exam. -3 hours

Max. Marks – 50 marks

Unit-1:

Basics of Addiction. Its symptoms to identify. Motivation and counseling. Causes and remedy decision.

Unit-2:

Community based Intervention. Role of Social Workers, NGO's, Community leaders/organizations, Religion/Sect Gurus/Sanyasins.

Unit-3:

Outreach and Awareness Creation. Drug abuse prevention. Yoga and Meditation, herbal treatment for prevention and de-addiction. Advising medical treatment centre. Rehabilitation and check on relapse.

Unit -4:

Thematic skills to be developed by practical work.

- a) Substances Addiction Identification. Root cause identification.

- b) Initial motivation and early intervention (Active Listening and persuasive communication skills, perseverance and self confidence, repeated efforts)
- c) De-stressing through psychological and philosophical counseling.
- d) Counseling of family and Groups (friends and relatives)
- e) Preventive Interventions for high risk groups like tribal's, truckers, sex workers (prostitutes and pimps), film actor/actresses, artists, neo rich class people, labour, divorced, separated widows/widowers, gamblers, youth, prisoners, AID patients. behavioral change communication (BCC) winning trust through empathy.

Unit-5:

Thematic skill development (advanced)

- a) Research, Rapid assessment and Monitoring of substance abuse for planning strategy of intervention.
- b) Managing co-dependency and domestic issues, organizational (work place) and social issues.
- c) Rehabilitation and Relapse prevention
- d) Documentation, record keeping, secrecy related to client. (Ethics to be observed)

Books Recommended

1. Lance M. Dodds: Breaking Addiction
2. N. T. Tike: De-addiction within a day.
3. Shweta Gangwar: The Rudest Book Ever
4. Joseph Murphy: The Power of Sub – conscious mind
5. Paula Coetho: The Alchemist
6. La Fancier : Eat to prevent and control disease
7. La Fancier : Eat so what? The power of Vegetarianism. (A guide to drug free healthy life.)
8. Allen Corr : Quit Drinking without will power.
9. Jack Confield et al: The 30 day sobriety solution
10. Deepak Singh : Road to dignity and Freedom
11. प्रेमचंद : काया कल्प
12. Standard Treatment Guidelines – A Manual of Medical Therapeutics.
13. N. Louis Eason : Drug Rehabilitation
14. Erica Spiegelman : Rewired: A bold new approach to addiction and recovery
15. Anthony Keidis et al : Scor-Tissue (Heroin)
16. Breno Brown : The Gifts of Imperfection
17. Melody Beattie : Co-dependent No more
18. Gabrielle Bernstein : Spirit Junkie (Source: Future's Recovery Healthcare)
19. Sarah Hepola : Blackout remembering the Things I drank to forget.
20. Caroline Knapp : Drinking a Love Story
21. Lisa Smit : Girls workout of a bar
22. Mondy Stadmler : Unwifeable

23. Anna David : Party Girl – A Novel
24. George Mc Govern : Terry – My Daughter's death struggle with Alcoholism
25. Heather King : Parched
26. Bill Clegg : Portrait of An Addict as a young man and 90 days
27. James Frey: Million Little Pieces
28. Kristen Johnston: Guts
29. Mackenzie Philips: high on Arrival
30. Cat Marwell : How to Murder your Life
31. Amy Dresner : My Fair Junkie (Source : Shatterproof.org)

List of Journals

1. journal of Alcoholism, Drug Abuse and substance Dependence (ISSN : 2572 – 9574)
2. Drug and Alcohol Dependence (Bio medical and Psychosocial Approaches – ISSN-03768716)
3. The American Journal of Drug and Alcohol Abuse (ISSN: 10979891, 00952990)
4. Journal of Addiction Medicine (ISSN:-1932-0620)
5. Journal of Addictive Behaviors, Therapy and Rehabilitation (ISSN:2324-9005)
6. Expert Opinion on Drug metabolism & Toxicology (ISSN:1742-5255)
7. Neuro to physiology and rehabilitation (ISSN:2641-8991)
8. Journal of Substance Abuse Treatment (ISSN:0740-5472)
9. Journal of Physiotherapy and Physical rehabilitation (ISSN:2573-0312)