

FIELD WORK REPORT

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(MESAK LALFAKKIMA ROKHUM)

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ABOUT THE INSTITUTION

Place of Field Work: Women Anti-Drug Association (WADA), Lunglei, Mizoram

Introduction:

Women Anti-Drug Association in short WADA was established in 1996. After the registration, it grew into a big organization and the State Government gave recognition to their activities and functions. It got its funding's from Mizoram State AIDS Control Society (MSACS) to fight HIV and Drugs among Injecting Drug Users of Lunglei and Hnahthial town. The Organization also has a Treatment-Cum-Rehabilitation Centre funded by the Ministry of Social Justice & Empowerment (MSJ&E). The Centre gives a comprehensive program with a three-stage treatment program- Detoxification, De-Addiction and Rehabilitation. It also tries to give patients a holistic care not only in terms of physical but also helps in emotional, mental and spiritual healing. If the patient is more severe than they are taken to Rehabilitation Centre for taking detox and they are kept for at least 3 months.

Missions:

As seen from the introduction we can see that one of the main task and mission of WADA is to fight HIV and Drug among Injecting Drug User of Lunglei and Hnahthial town. They assist the hospital by providing and distributing Opioid substitution therapy (OST) and syringe to the person who are enrolling in their clinic. They try to minimised the dose of drug by providing OST and also prevent the spread of HIV by syringe exchange so that they will not share the syringe with other and in that way, they prevent and control the spread of HIV in different way. They also provide free condom to the patient so that the probability of spreading HIV via sex can be minimised.

Objectives:

- 1) To control the spread of HIV.
- 2) To help the IDU patient to overcome the addiction by providing them OST.
- 3) To help the addictions to be more positive about life by giving them counselling.
- 4) They also provide free clinic so that the patient can come for free check-up.
- 5) To provide need based professional and therapeutic counselling to patient and their families.

Place of Field Work: Mizoram Hmeichhe Insuihkhawm Pawl, sub hqrs, Lunglei.

For the upliftment of Mizo Women in all fields and to help the needy, Mizoram Hmeichhe Insuihkhawm Pawl (MHIP) was established in Aizawl 6th July 1974. It is one of the first statewide women federations in Mizoram. It was established mainly to address the following:

- 1) Women Empowerment
- 2) Promotion of Christian Life
- 3) To Help the Needy

Within 20 years it expanded throughout the state and as of 2015, it has members of more than 2 Lakhs. Now, it becomes one of the largest civil society organisations in the state. It occupies an important forum in almost all government undertaking public programmes and most of the government facilitated co-ordination committee.

The MHIP Sub-Hqrs Lunglei was established in 1.2.1975 and has its own building in Venglai Lunglei since 1996. As a Voluntary Organisation its sole aim is to "Help Others" and work fervently amongst women and children for their rights, upliftment and socio-economic empowerment. Under the MHIP Sub-Hqrs Lunglei there are 143 branches, one block and three joint MHIP.

Under the Sub-Hqrs the organization is spearheaded by an executive committee member which has 37 members in it. Governance however is performed by an Office Bearers committee which has 6 elected members for 2 years term. Elected OB for 2022-2024 are as follows:

President : Pi Lalliannguri
Vice President : Pi Zosangi
Gen.Secretary : Pi Dr H. Lalnunmawii
Asst.Secretary : Pi Lalthangluaii
Treasurer : Pi J. Dengthansangi
Fin.Secretary : Pi Hmangaihzuaii

Purpose and objective:

1. Empowerment women for the development of Mizoram Society and the State to prepare them for higher authority in the government.
2. To reconstruct the status of women in the society and family; and to protect the rights of women.

3. Branches of education like – Handicrafts, looking after family regarding health, better ways of living standard for self-sufficiency and to prepare them for taking parts in various business and works.
4. To guide and look after children regarding their mental and health e.g. Pre-primary school, Anganwadi, Creches etc.
5. Recreation centre for children, school for handicrafts, games, park and books for children.
6. To carry/ do the duties of women for the development of Mizo Society and the state.
7. To literate illiterate women and to provide education, to provide education for those women having financial problems and to show them their capabilities of work.
8. To unite these who are different in social status, different religion and opposite in political opinion to work for the development of Mizoram.
9. Freedom from violence.
10. To work in cooperation with government for the development of Mizoram.

The Organization annually conduct the following programmes

1. TI Amongst IDU (Funded by MSACS)
2. TI amongst Bridge Population (Migrants)
3. Family Counselling Centre under Mizoram State Social Welfare Board
4. Working Girls Hostel
5. ONYX Special School (Differently abled people)
6. IEC and Awareness on Illicit Trafficking of Women
7. Campaigns against substance abuse and HIV
8. Legal Aid Clinic 9. Service Provider

Apart from these specific activities MHIP functions as a crisis Response System especially for women in distress, victims of violence, offence etc. Hence currently it has 80 functionaries under these projects

The supplementary effort is to focus on providing alternative. The MHIP take up AIDS project under Mizoram State AIDS Control from 2001 by opening Drop –in Centre. At the beginning the projects focus on Taxi and Rickshaw drivers. From 2004 it takes up IDU's project the main

objective of this project is to minimize and prevent the growth rate of HIV to give awareness to the peoples as much as possible, and now especially to high-risk group. The centre targeted to cover 390 IDU's.

The project today focuses on the high-risk group of IDU's. It takes up SNEP programme, Condom distribution, IEC materials and pamphlets for the prevention of the spread of AIDS. The centre helps the IDU's by providing medical help, refer to the Doctor, and it also gave financial support. The moral life of the client is given importance in this project. The NGO's take up programme for the behavioural strategy is the main step in the project work.

The Organisation also work to contain the HIV/AIDS epidemic amongst migrants and their sexual partners in Lunglei district. The organization has intervened with the migrant's population since 2007 only. A total number 5000 migrants are target ed on the current year. Harm reduction with one teacher and 5 supporting staffs.

The special school for spastic person run by the organization is co-facilitated by the Mizoram State social welfare advisory board as well as SCERT, Education Department. In the current year 62 differently abled under different abilities are admitted. It has a trained Principal with one teacher and 5 supporting staffs.

The working girls Hostel is 35 bedded accommodations for women who are pursuing studies or training to training to urban setting from their native rural residence.

As our environment have been facing many changes in various kinds of social life since the last quarter in structure and content.

Thereof, women overcome sufferings in their family, eventually affecting their children and yields broken family. With the emerging needs of counselling centre for women and children, family counselling centre was set under MHIP Sub-Hqrs Lunglei. There are two counsellors working under FCC and works on the following principles.

1. To Make efforts for reconciliation in the cases of separation and out of court settlement in martial cases.
2. To provide counselling in family maladjustment
3. To provide relief and to assist the unfortunate victims to be in a stable condition as usual

4. To provide counselling to every needed individual and sought a good place for their better adjustment especially for the homeless children

5. To arrange for suitable rehabilitation services for the victims and their dependents.

EMPLOYMENT SCHEME:

- 1) Those who were employed under MHIP should not be office bearer or committee members.
- 2) All recruitment should be done through interview by the executive committee.
- 3) In case of vocation post by any of the employees, the executive committee has a power to fill up the vacant post. From the wait list drawn up while selecting the candidate through interview.

LEAVE RULES FOR WORKERS OF MHIP SUB-HQRS, LUNGLEI

1) Casual Leave (CL)	-	8 days within one year	2) Earned
Leave (EL)	-	10 days within one year	

Note: Leave should not be used fully within a year if it is not necessary

- 1) Leave can be availed on unavailable family occasions like – wedding, death, sickness etc and other important situations.
- 2) Application for leave should be submitted to General Secretary/President of the VO four days before, if it is not an emergency case. Only with the consent of president/ General Secretary the staff can enjoy leave.
- 3) If any staff already exhaust his/ her leave credit and require the same on emergency and un available circumstances the office bearers will consider the case.
- 4) If any staff overstay leave beyond permission, it would be counted without pay.
- 5) The term of all the staff of TI Project is one year which can be extended if services rendered by a staff are considered satisfactory by the committee.

Place of Field Work: Grace society, Lunglei, Mizoram

Introduction:

Grace Society is a Church based Organization set up by the Mizoram Baptist Women Fellowship (MBKHP) to address the various social problems existing in the society. The organization mainly deals with the increasing problems of HIV/AIDS & Drug/Substance abuse in the community, in the field of Prevention, Intervention, Care and Support and Rehabilitation. It also deals with various women and children's issues and addresses other vulnerable areas of the society. It holds three main field namely; Injecting Drug User(IDU), Men having sex with men (MSM) and Female having sex with women (FSW) and therefore they are core composite. It is the only institute in the town who carry these three task.

Mission:

- 1) To create a better, healthier and harmonious society by reducing HIV/AIDS and Drug/Substance abuse in the society.
- 2) Economic empowerment of PLWHA and drugs victims, by providing rehabilitation through skill training and Income Generating Programme.
- 3) Social and economic upliftment of destitute women.
- 4) Promoting and facilitating behaviour change among those practicing high-risk behaviour and people living with HIV/AIDS.

Vision/Goal: To create a better, harmonious, healthier society and improved economic condition by reducing HIV/AIDS and addiction in the community.

Objectives:

Increase awareness on HIV/AIDS and addiction among general population as well as high risk/marginalized communities, intervention to promote behaviour change and harm reduction among high-risk group, providing care and support to the affected, detoxification/de-addiction and rehabilitation through skill building and capacity building to enhance service delivery.

Place of Field Work: Lunglei Observation Home & Lunglei Special Home

Introduction:

Lunglei Observation Home and Lunglei Special Home are Government recognized Child Care Institutions (CCIs) run by the Social Welfare Department (SWD), Govt. of Mizoram since

2008. The Home's original name - Remand Home was superseded by Observation Home and Special Home since the execution of the Juvenile Justice (Care and Protection of Children) Act, 2015. Therefore, the home is now officially known as Lunglei Observation Home and Lunglei Special Home as per the JJ Act, 2015 and is presently run by Women and Child Development, Social Welfare Department, Govt. of Mizoram.

Profile:

Lunglei Observation Home and Lunglei Special Home are Government certified Child Care Institutions (CCIs) registered under Section 41 of the Juvenile Justice (Care and Protection of Children) Act, 2015.

i) Observation Home is established and maintained in every district for the purpose of temporary reception, care and rehabilitation of any child alleged to be in conflict with law, during the pendency of any inquiry under the JJ Act. The inquiry shall be completed within a period of four months from the date of first production of the child before Juvenile Justice Board (JJB) unless the period is extended, for a maximum period of two more months.

Type of Home: Observation Home

Capacity: 25(for Boys & Girls)

Age Group: Below 18 years

No. of children admitted (present status): 4

ii) Special Home is established for rehabilitation of those children in conflict with law who are found to have committed an offence and who are placed there by the Juvenile Justice Board (JB) for such period not exceeding three years for providing reformatory services including education, skill development, counselling, behaviour modification therapy and psychiatric support during the period of stay in the special home.

Type of Home: Special Home

Capacity: 25 (Boys & Girls)

Age Group: Below 18years

Staffing: Observation Home & Special Home

- 1) Superintendent -1
- 2) Case Worker -1
- 3) Counsellor - 1
- 4) Storekeeper cum Accountant -1
- 5) PT Instructor - 1
- 6) House Mother - 1
- 7) Paramedical Staff - 1
- 8) Cook - 1
- 9) Helper - 1
- 10) House Keeper -1

Objectives:

To provide rehabilitation and social re-integration measures, to ensure proper care, protection, development and treatment of children in conflict with law by keeping in view the best interest of the child in mind.

Services provided:

- a. Case Work through Individual Care Plan (ICP)
- b. Counselling (individual, group, parents)
- c. medical assistance
- d. Vocational training
- e. Sanitation and hygiene
- f. Library
- g. Recreational activities.

DAILY FIELD REPORT

Name: Mesak Lalfakkima Rokhum

Reg. No.: 2106655

Name of the organization: Women Anti-Drug Association (WADA) Drop-in centre.

Date: 5th February, 2024

Activity/Work done:

For the first day of the fieldwork, we reached the office at 10:10 AM and met the project manager. After sometime we help the staff in assisting by giving oral substance therapy to the client and also help in exchanging syringe. We also assist the workers in different task such as refilling water filter, paper printing, syringe exchange, distributing condoms and also distributing Oral substance therapy (OST) to the clients. We went to civil hospital with one of their workers for taking oral substance therapy (OST) and comeback to WADA office. In the mean time we also have time to interact with some of the clients who came for taking OST and syringe exchange. We had our lunch at 12:30 PM. We also do the work implemented by the project manager and the other staff. After lunch we had a conversation with the Monitoring and Evaluator (M&E) and we had an interaction and had a question-and-answer session about the institute and after an hour of interaction the project manager (PM) came and took time and after taking the signature and photo with the Project Manager we leave the WADA office at 3:20 PM.

Learning outcome:

1. The first field visit had given me knowledge regarding Injecting Drug User (IDU) and that there are so many clients taking oral substance therapy (OST) and came for exchanging syringe.
2. I also came to know that the clients are really trying to overcome the drug and I came to know the different dose of the OST like 0.4 MG and 2.0 MG.
3. I also came to know that there are many clients staying in rehabilitation and taking detoxification.
4. I came to realise that there are many Injecting Drug User (IDU) who seems to be very normal. Initially it was not their choice but now they cannot get out and need OST and counsellor to help them.
5. The outreach workers are indeed playing very important role in these regards and even the peer educators are not less, because apart from the medication, these people are the ones who follow them in their back.

6. These people or clients who are engaging in this abuse are not bad person they are just in the wrong track and are not to look down instead they need family and society back up.



Figure 1: With WADA Project Manager (PM)



Figure 2: Distributing OST to the clients

Name: Mesak Lalfakkima Rokhum

Reg. No.: 2106655

Name of the organization: Mizoram Hmeichhe Insuihkhawm Pawl (MHIP) Drop-in centre.

Date: 12th February, 2024

Activity/Work done:

For the second day of the fieldwork, we reached the MHIP drop-in Centre at 10:30 AM and since the project manager was out of station, we had a conversation with the outreach worker and the Monetising and Evaluator (M&E). MHIP drop in Centre cover seven locality namely; Venglai, Venghlun, Rasih Veng, Serkawn, Pukpui, Zotlang and Sazaikawn. They have three projects i.e., Injecting Drug User, migrants and sexually Transmitted Infection. After interaction, we learn how to test HIV and syphilis with test kit. I was also tested and they prick my finger and my blood was tested. We also visit the IDU section and also Sexually Transmitted Infection (IST) departments and have a good time and interaction. After all activity was done, we leave the office at 3:30 PM.

Learning outcome:

1. I learn how important it is to deal nicely with the client.
2. It also gives me the knowledge that they are HIV1 and two and also how syphilis and how it relates.
3. I also came to know that sexually transmitted infection (STI) is very vulnerable to people and so the use of condom is very much important and also in order to prevent from HIV.
4. I also came to learn that when the client takes OST, they don't stop the truck instantly but they decreased their dose, and syringe exchange is very good for hygiene and prevent from spreading HIV via sharing needles.



Figure 3: With MHIP Project Manager (PM)



Figure 4: Combo test kit (HIV/Syphilis)

Name: Mesak Lalfakkima Rokhum

Reg. No.: 2106655

Name of the organization: Grace society drop-in Centre.

Date: 19th February, 2024

Activity/work done:

we reach the office at 10 AM and since it was quite cold, we had a cup of tea and then we attend the meeting. Since the institution was on renovation it was quite busy and we don't even have proper place yet the work is still going well and everyone of them are doing their own task sincerely. After few minutes we attend the first meeting, and it was a review meeting of injecting drug user (IDU) and female sex worker (FSW) department and the second review meeting was held in the afternoon after lunch. Unfortunately, we could not attend the afternoon review meeting because we have limited time and we still have to meet the Project Manager (PM). The meetings were basically about the interaction between the peer educator and the leader. They review their progress and the difficulty they faced. After attending the meeting, we had an interaction with the counsellor and project director and also one of the beer educators from men having sex with men (MSM) in the bottom floor of the building. We talk about the importance of counselling and dealing clients with empathy and following up clients. After taking OST is very important to help the client overcome the addiction. After a long interaction with the counsellor and project director we had a photo taking session and we leave the office at 4:00 PM.

Learning outcomes:

1. I learned that it is important to treat the injecting drug user client very nicely like we treat normal people. They need food, shelter and love.
2. I also came to know the importance of counselling apart from medication. Decline really need back up, psychologically, not only physically.
3. I also came to realise how important that the educator and how plans are required to proceed for the next step for various task (from review meeting).
4. I also came to realise that all the gay transgender and lesbian are facing many hardships, and it is not there will to be in that way, some biologically and genetically deviated to that way and therefore they really need to be treated well with understanding and love.

5. It is also very important for the institution to follow up the workers, not only to the clients. It is necessary to care for the mental health and satisfaction of the workers in order to work more effectively.



Figure 5: With Grace society Project Manager, Counsellor and Peer Educator

Name: Mesak Lalfakkima Rokhum

Reg. No.: 2106655

Name of the organization: Lunglei observation home and Lunglei special home.

Date: 26th February, 2024

Activity/work done:

After I reach the office at 9:45 AM, I took a rest and they serve me a cup of tea in the kitchen after which I went to the office building and had an interaction with the counsellor and case worker. After taking note about the observation home. We have had a time to interact with the client and basically most of them are children. We had a one-on-one interaction and I asked them a several questions regarding their life problem and why they are here. After that I went inside home and we observed the scene and after which I had my lunch with the workers, we have a time with almost all the workers from cook to superintendent.

Learning outcomes:

Going to observation home, give me an immense benefit about life, importance of family and most of all in my studies in psychology more practically in counselling. Basically, observation home is for under age, male category and so I came to know many of the children or committing crime, adultery and also engage in stealing, sex and all these things that they had done is not because of their choices, but because of their environment is too worst and that it pushed them from inside. The intangible force pushes them. For example, one of the clients who is 15 years old was stealing a cell phone because he wants to play a mobile game like his friends, but his parents were divorcing and so their family is broken and due to which he could not have a cell phone like his friends, and so he had the tendency to steal the other phone and play video game. Some of them are very good yet. They are here because of unfortunate; they really need care and love and guidance to be on the right track. It also gives me the knowledge that some of them are more feeling good and free in the home more than in their real home because in the real home, they don't get love. They don't get good food and care as the case workers and the counsellor gave them at home. So, some of the clients are more comfortable in the special home.



Figure 6: With Observation Home workers

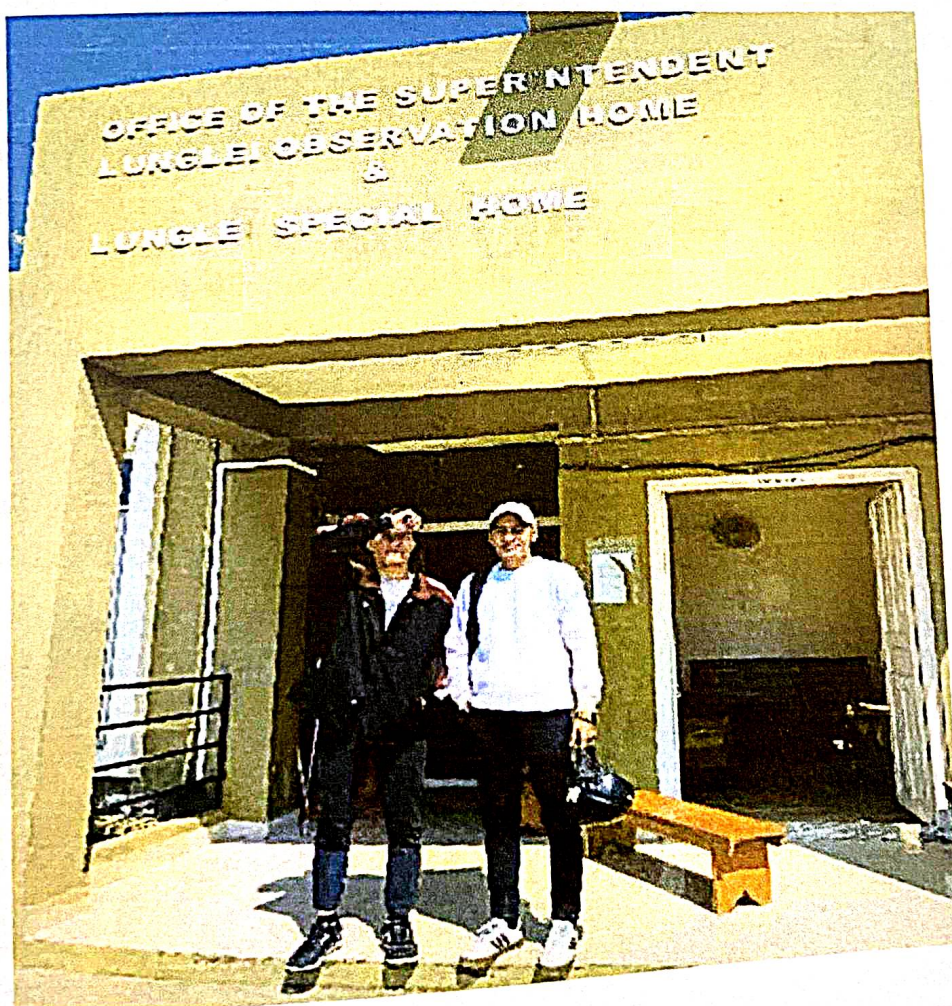


Figure 7: Infront of the SP office

SUMMARY OF THE REPORT

It was not only about observing the clients and the way how they interact with the workers and it was very practical as the name itself is field work. Different institutes have different ways, techniques, plan and strategies as to how to deal with the clients and how to approach them and also, they differ in their tasks. Some institutes focus only on Injecting Drug Users (IDU) and some institutes focus on Migrants, Sexually Transmitted Infections (STI) and Injecting Drug users (IDU) and some institute focus mainly on child care and so on.

The Women Anit-Drug Association (WADA) is mainly concern with the prevention of HIV through syringe exchange and also providing the IDU an Oral substance therapy (OST) and counselling was done to the needy clients. They also have their clinic where doctors come twice a week to check the patients and recheck their Ost dose. They also have a rehabilitation centre where serious clients are referred. They provide OST and let the clients exchange the used syringe with a fresh syringe.

The Mizoram Hmeichhe Insuihkhawm Pawl mainly focused on three parts; Injecting drug users (IDU), Migrants and Sexually transmitted infection (STI). They cover 7 localities and they are the only institute in the town to have a task on migrants. They take 8000 samples of HIV and syphilis to the migrants in the town during one financial year. The sample is taken in Community Base Serenity (CBS) and Integrated Counselling and testing centre (ICTC). They also help clients facing issue with STIs, they help them with medication and therapy.

The Grace Society is also the only institute in town where it deals and concerns with Men having sex with men (MSM) and Females having sex with women (FSW). The common task with the former institute is the Injecting Drug User. They do provide Ost but apart from that they deal with the FSW and MSM. The institute mainly focuses on counselling and therapy, and indeed they are the most dedicated institute among all the institutes so far in the town.

Lastly, the Observation and special home are quite different from the rest of the institute because they do not focus on the IDU, FSW, MSM or any other clients. They mainly work among the child and they are Government recognised child care institutions (CCIs) under the Social Welfare Department (SWD), Govt. of Mizoram since 2008. They can take only boys 18 years and below. The clients are mainly admitted for stealing cases, murder cases, rape case etc. They are observed in the Home and during the stay they are given counselling, and a case study is also going on. They are provided with all the necessary stuff that they are required and they are not allowed to interact with the family if not a very genuine case. They also have a special home for the servers clients.

CONCLUSION

The overall working environment of all the institutes is very good and they are really doing good and working hard for the betterment of society and the state. Even though they are working independently and having all different tasks their main goal i.e., betterment of the society put them together in one cluster. They may have different strategies and plans but they don't conflict among the institute. All the Project Managers (PM) are working hard for the institute and they give almost all of their time for training and assisting all the workers. It can also be concluded that for most of the clients be it in the observation home or WADA, the main issue is a family. The family members especially the father and the mother are responsible for this, because almost all the clients are from broken families. They need to be taught at home and even if they come to take Ost, they need to be taken care of with love and understanding at home. Some of them also really need to be backed up by society like the MSM like gays. All these issues are what the institute is working for.

LIMITATIONS

1. They need more counsellors who have a psychology background because in psychology many techniques are learned systematically.
2. The workers need to be more active and follow-up should not be neglected.
3. The institution should be more well-equipped.
4. The workers should be more open-minded and should be more approachable.
5. More than just sitting in the office they should be more engaging in outreach programs.