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SANMITRA

COMPASSION *in*
ACTION *for*
ADDICTION RECOVERY





Empathy for Recovery from Addiction

In the last three years, 15,678 cases related to the use and trafficking of narcotic substances have been registered in Karnataka. In these cases, a total of 19,308.786 kg of ganja and 1,244.89 kg of synthetic drugs have been seized. Legal action has been taken by arresting 19,197 Indian nationals and 211 foreign nationals involved in these cases.

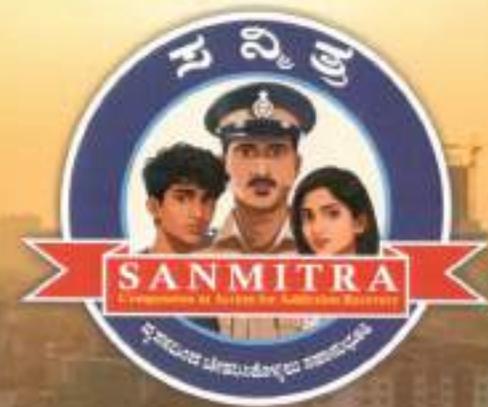
To put an end to the drug menace, the need for establishing an Anti-Narcotics Task Force (ANTF) in Karnataka was felt. The ANTF functions as a key arm of the Karnataka State Police, coordinating closely with national-level agencies. It ensures effective enforcement of the NDPS Act across the state and acts as a major link between districts and other institutions for communication, information gathering, and analysis related to drugs.

The task force leverages platforms such as CCTNS, NIDAAN, C-NCORD, ICJS, BHARATPOL, IVFRT, NATGRID, and IONICS to strengthen enforcement. Along with strict legal action, steps are also being taken to reduce the demand for narcotic substances.

As part of this effort, the **Karnataka State Police** has launched a compassionate initiative to transform the mindset of those already addicted and to prevent new users from falling prey to drugs. This initiative is called "Sanmitra."

SANMITRA – A Karnataka Police Initiative

The SANMITRA is an initiative being launched by the Karnataka State Police, representing a transformative approach to the grave issue of drug addiction that has severely impacted communities across Karnataka. Drug abuse is no longer restricted to isolated pockets; it pervades both rural and urban areas, fracturing families, undermining public health, and contributing to crime and social instability. Recognizing the complex, multifaceted harm caused by substance abuse, the Karnataka Police have taken a proactive stance that transcends traditional law enforcement—turning officers into mentors and supporters in the battle against addiction.



Drug addiction threatens the very fabric of communities in Karnataka. Individuals suffering from substance dependence face health complications, social stigma, and psychological turmoil, while their families often bear emotional and economic burdens. The ripple effect extends to society at large, as addiction-related criminal activity strains law enforcement resources and jeopardizes public safety. In this environment, law enforcement must evolve beyond arresting offenders to addressing root causes and supporting rehabilitation.

SANMITRA epitomizes this evolution. The initiative mandates that every police officer engages empathetically and actively with individuals struggling with addiction. Rather than treating addicts solely as offenders to be punished, officers become guides and motivators, providing counseling, facilitating access to treatment, and encouraging sustained recovery. This change in role fosters trust between the police and communities, enabling constructive dialogue rather than confrontation. Key to SANMITRA's success is its emphasis on restoring dignity of addicts, who often suffer social exclusion and loss of self-esteem, and helping them regain confidence and reintegrate into society as productive citizens.

SANMITRA

A friend in need is a friend indeed



This hands-on police involvement includes identifying addicts in their localities, establishing regular communication, and collaborating with healthcare professionals and social workers for treatment referrals. The approach embodies whole-person recovery—addressing psychological, social, and economic dimensions of addiction—by coordinating with rehabilitation centers and support networks. Officers also engage families of the addicts' providing guidance on supporting their loved ones without enabling dependent behavior or falling into despair themselves.





Aligns with NAPDDR

Moreover, SANMITRA aligns with broader governmental efforts such as the National Action Plan for Drug Demand Reduction (NAPDDR) that focus on preventive education, counseling, treatment, rehabilitation, and social reintegration. Karnataka Police's leadership in this initiative reflects a community-centered policing model where public safety is intertwined with social wellbeing.

Community involvement is crucial for SANMITRA's impact. It encourages families, educators, and local leaders to collaborate with police in identifying drug-issues early and breaking the silence and stigma associated with addiction. Through awareness campaigns and supportive mentorship, the initiative strives to reduce demand for drugs and dismantle supply networks by empowering addicts to resist relapse and by enabling police to trace criminal suppliers more effectively.

Anticipated Outcomes of SANMITRA

- Significant reduction in addiction rates
- Curtailed drug trafficking activities
- Improved public health standards
- Reduced crime
- Restored social stability

More importantly, it champions a humane and rehabilitative justice approach, positioning police as trusted allies in the arduous journey toward a drug-free Karnataka.

In summary, the SANMITRA initiative by Karnataka State Police is an innovative and compassionate effort to combat drug addiction by transforming police interactions with addicts—from enforcement to engagement, from punishment to support, from isolation to reintegration. It fosters community resilience, elevates public trust in law enforcement, and exemplifies a holistic response to one of Karnataka's most pressing social challenges. This initiative holds promise to inspire similar strategies across India and beyond.



Guidelines for Police Personnel

1. Identification and Engagement

- Identify individuals vulnerable to substance abuse within the jurisdiction, emphasizing youth, students, and habitual offenders.
- Approach identified addicts with dignity, avoiding stigmatization. Initial contact should be discreet, respectful, and aimed at building trust.
- Engage family members and close contacts to gather background information and foster a supportive environment around the individual.



2. Counseling and Motivation

- Including the use of digital resources like the MAP-Drugs app.
- Motivate the addict by sharing successful stories of recovery and by consistently reassuring the person of the benefits and possibilities of a drug-free life.
- Set short-term and long-term recovery goals with the participant, involving them fully in the plan.

3. Referral and Coordination

- Liaise with professional de-addiction centers, Integrated Rehabilitation Centres for Addicts (IRCA), and mental health experts for medical detoxification and therapy.
- Facilitate transportation, admission, and regular check-ins at the de-addiction centre; follow up on progress at each stage.
- Involve NGOs, social workers, and peer mentors who have formerly overcome addiction for better motivational outcomes.



4. Support, Rehabilitation and Aftercare

- Maintain periodic contact with the individual throughout their recovery journey; encourage participation in support group meetings and vocational training.
- Mediate and resolve family or community-level conflicts arising out of past addiction behavior; help rebuild social ties.
- Recognize and publicize success stories as a means to inspire others, with due care for privacy and dignity

5. Documentation and Accountability

- Maintain confidential records of each case, documenting every stage from identification to recovery and follow-up.
- Review each adopted case in monthly meetings to assess progress, challenges faced, and address any setbacks with appropriate interventions.
- Prepare regular reports for district-level review, maintaining anonymity and discretion where required.



6. Legal and Ethical Responsibilities

- Adhere strictly to guidelines under the NDPS Act regarding immunity for addicts seeking rehabilitation (Section 64A) and ensure that criminalization is not applied where voluntary treatment is sought.
- Avoid coercion or undue pressure, respecting individual rights and obtaining informed consent for all interventions.
- Encourage voluntary cooperation and participation—never making adoption or rehabilitation a precondition to legal relief where law mandates otherwise.

Drug Awareness Programmes Across Karnataka





This path breaking initiative not only addresses drug addiction through a community-focus but also reshapes the public perception of the police.

By adopting individual addicts as mentees, Karnataka Police is setting a model for compassionate, inclusive, and result-oriented policing. The drive is a call for action a drug-free Karnataka—powered by courage, empathy, and collective resolve.



KARNATAKA STATE POLICE

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