

# Powerful Gyaan

A project of Ugravedan Foundation  
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## Our vision:

To empower the community with valuable knowledge regarding mental health and other key health issues, so that people can take better care of their health.

## Why we choose to focus on alcohol and tobacco addiction?

As per Global Burden of disease study 2019, the most common risk factors responsible for life years lost due to disability (DALYs) in young people aged 25—49 years are:

- 1st: Alcohol use
- 2nd: High blood pressure
- 3rd: High BMI (Obesity)
- 4th: Tobacco use.

Alcohol & tobacco use are one of the biggest causes of the NCD epidemic. Yet perceived risk of their use is low and they continue to enjoy popularity in our society. We believe it is a critical time in our cultural history wherein all of us need to act urgently to halt and reverse this epidemic. Otherwise damage done will be difficult to reverse.

Since 2008, our team members have collectively given more than 600 presentations on this issue, including at 64 medical/dental colleges, 15 nursing colleges and 7 BEd colleges. We are attaching some feedbacks from medical students.

We also spread awareness on this and other health issues through our social media handles @PowerfulGyaan and @PoisonsWeLove

To get an idea about our presentation on substance addiction, you can check out:

- 1) Our short 3 mins video on various modes of alcohol attributable deaths  
<https://youtube.com/shorts/tGYE90To2tY>
- 2) Our module 1 in English: <https://youtu.be/Ua1v5a6ufXQ>
- 3) Our module 2 in English: <https://youtu.be/lxw--dcdJYw>

You can find our module in Hindi and Marathi as well on our YouTube channel, 'Powerful Gyaan'.

## Impact of our presentations on substance addiction:

In 8 medical colleges and 2 nursing colleges where we gave the presentation recently, students were given a pre and post presentation questionnaire to evaluate the impact.

Number of students who filled an online Baseline questionnaire - 1100

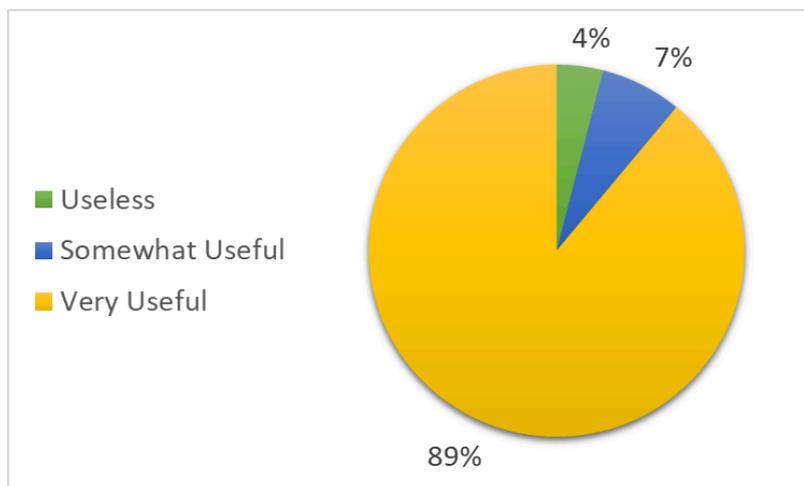
Gender: Males: 554 Females: 546

Ever tried or experimented with alcohol? - 98 students (9%)

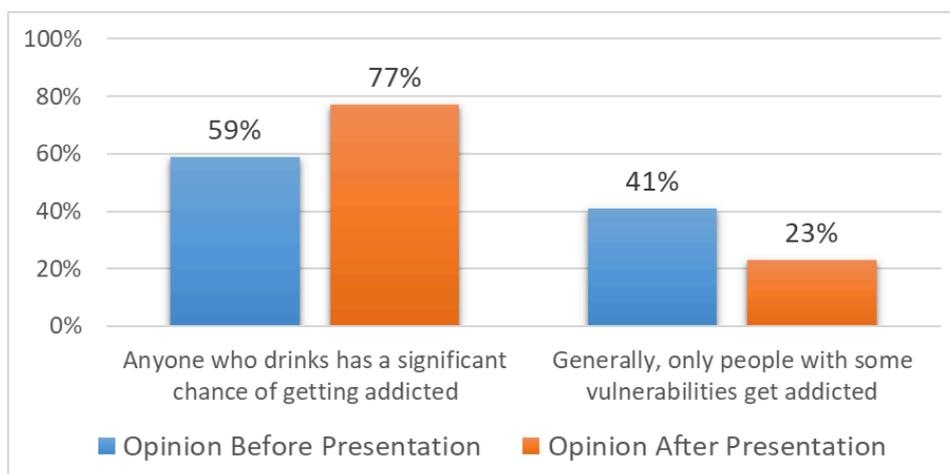
Consumed alcohol in last 1 year - 53 students (5%)

No. of students who filled online post presentation questionnaire: 763

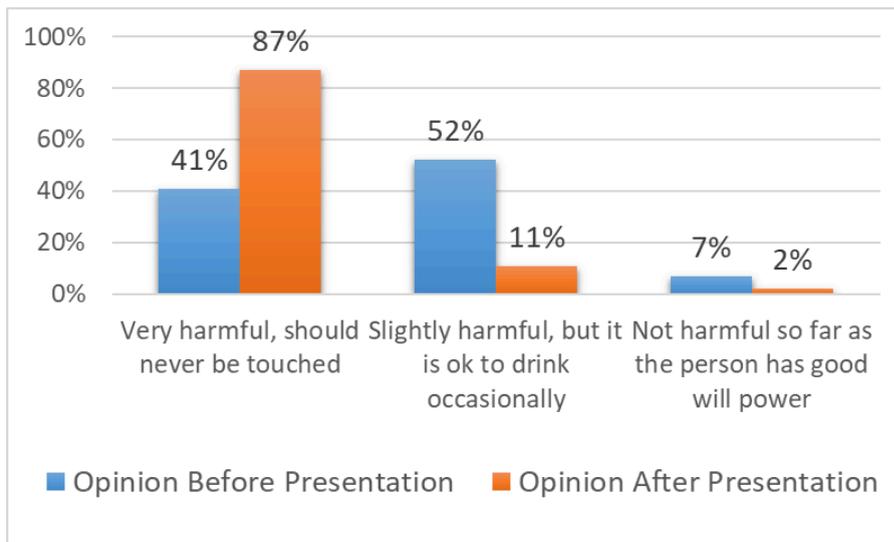
### 1. How useful was the presentation?



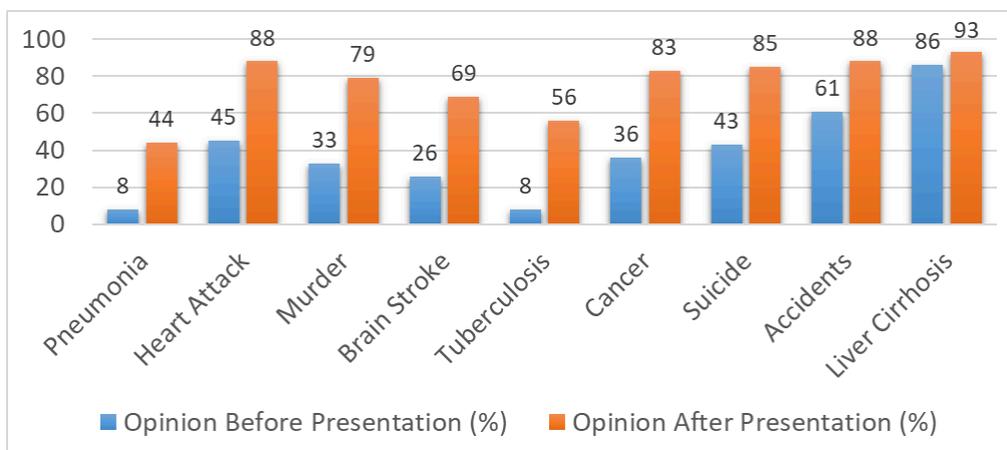
### 2. Who generally becomes addicted to alcohol?



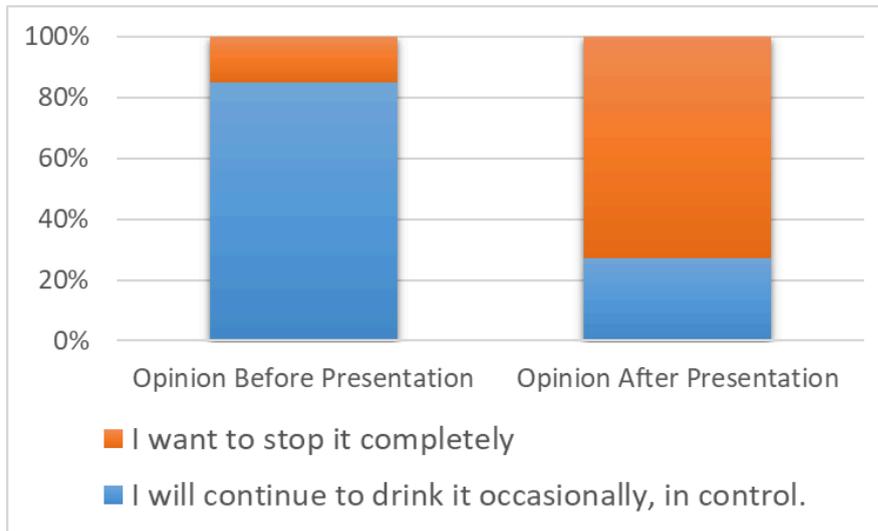
### 3. How harmful is it to drink alcohol?



### 4. Which of the following diseases/events are common ways in which alcohol causes deaths?

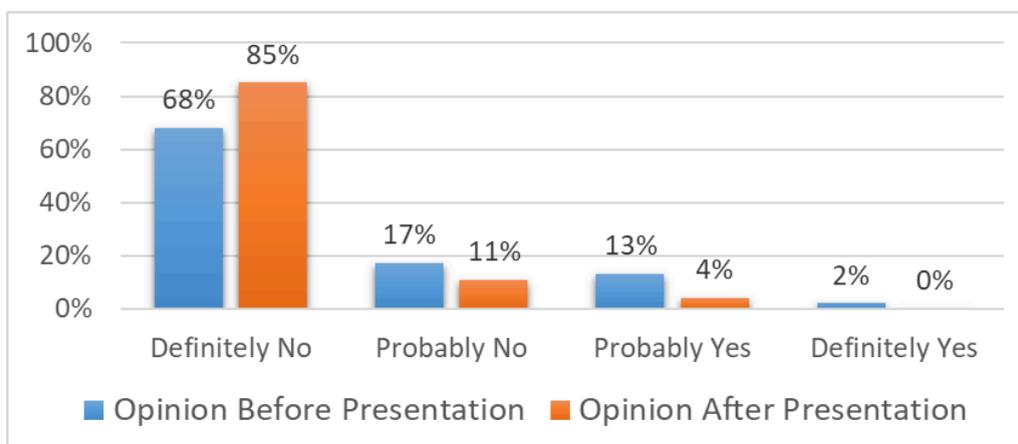


5. Those who had consumed alcohol at least once in the past year, were asked about their intention with regards to drinking alcohol?



	Pre Presentation	Post Presentation
I will continue to drink it occasionally, in control	44	12
I want to stop it completely	8	32
Total number of students who answered this question	52	44

6. Those who had not consumed alcohol even once in the past year, were asked if they would like to take alcohol in future?



## Some feedbacks from medical students

- Every part of presentation was useful. After the presentation my only thought was I will make my own village addiction free. I will definitely do this
- The part where you cleared the myth that "little amount of alcohol is good for the heart" was impactful... Proving this wrong was an eye opener for me
- The whole presentation was absolutely amazing.
- You clear so many misunderstandings regarding this topic. Excellent work
- Liked the way of presentation. Gotta know a lot of info regarding the same. Decided to never ever have alcohol in my lifetime, and I will be firm on it.
- I found it really good that the speaker was able to connect with us. Sir used example from the recent media posts. I used to think that occasionally it won't harm an individual much but definitely he changed my perspective.
- The part which explained about how to act against peer pressure was most useful as we are going through the same age.
- This presentation was very useful for us and for us to be able to spread awareness in the community.
- Session was very useful for us to think how patients think about it and how we should treat them
- Appreciating sir's skills as a speaker I made a comment to my friend, saying: " I'm addicted to listening to him speak." Presentation was very impressive.
- Very grateful for this session..Definitely U r making so many lives healthy nd happy...Felt genuinely happy nd also clarity in mind about this issue.
- Such sessions should be arranged on larger scale to remove this weed completely.