

Project report of Ugravedan Foundation

A sec 8 company. CIN: U85300MH2021NPL368379 , powerfulgyaan@gmail.com

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 this epidemic. Otherwise damage done will be difficult to reverse.

Our main activities done from Jan 22 to Oct 23:

- 1) **Presentations to empower youngsters with adequate knowledge about alcohol, tobacco & cannabis and answer common misconceptions, so that they can resist the rising peer pressure.** After the grant of registration, we have given 36 presentations in front of various audiences including:
 - 13 medical colleges , 2 nursing colleges, 3 social work college
 - 6 colleges, 4 schools, 2 slums , Staff members of 1 NGO

We focus on medical students as they are future opinion leaders. One of the talks given in a medical college is uploaded online: https://youtu.be/qOctjR_i5ko

- 2) **Supporting people who contact us via email or phone to quit alcohol and tobacco.** We have started the helpline so that people who get motivated to quit because of our awareness talks or awareness efforts via social media, get guidance.
 - People supported via email: 274
 - People supported via phone: 330

We guided everyone who called us through a 30mins - 1hour session about what can be done to quit, how to motivate their dear ones to quit, various types of help available in our society to quit, etc. For some of these callers, we could provide more sustained counselling support.

2 sessions: 10 people ; 3 sessions:18 people ; 4 sessions: 9 people
5 sessions: 16 people ; 6 or more sessions: 19 people

We could confirm a positive outcome during follow up calls for atleast these many:

No. of people reporting abstinence of 1 month or more: 27

No of people reporting decrease in alcohol use: 28

- 3) **Maintaining website www.poisonswelove.org that has blogs on this issue and links to useful online videos, documents, etc.** It is useful for people wanting to quit and for people wanting to work on this issue. The blogs can be read in Marathi, Hindi and English. 80% of our visitors are from mobile devices.

Unique visitors: 5090

No of site sessions: 7621

Average session time: 5 Min 37 Sec

- 4) **Spreading awareness about addictions via social media**

We have been using the power of social media to reach out to a large number of people through social media like facebook, instagram, whatsapp, youtube, etc. We make posters and videos to take valuable knowledge from medical journals to the common man in simple language. We also share good content made by others.

Facebook www.fb.com/PowerfulGyaan , www.fb.com/poisonswelove

Instagram: www.instagram.com/powerfulgyaan , www.instagram.com/poisonswelove

Youtube: <https://www.youtube.com/@PowerfulGyaan>

We encourage the schools and colleges to conduct a sustained 2 month online campaign via whatsapp to build positive peer pressure on campus and have a long term effect. We provide them with selected online videos, audio stories and memes.

We do an intensive campaign each year before 31st December to motivate youngsters to celebrate New Year without getting intoxicated with an addictive neurotoxin.

- 5) **Trainings for health professionals and social workers in ‘Brief Intervention’ and counselling skills for helping people quit alcohol or tobacco**

- Government Medical officers and CHSs of Pune district
- CHOs of Desaijanj Taluka of Gadchiroli district, in collaboration with Aarogyaprabodhini from Gadchiroli
- We also did an online training of medical students and counsellors on how to help people quit. 18 hours training followed by supervision of cases: 10

participants. (Recording of one of the sessions on 'How to counsel family members of those who have got addicted': <https://youtu.be/eoLVDxFEyDo>)

6) 2 online workshops (6 hours) for volunteers wishing to learn more and work on this issue, in collaboration with Dr. Rohan Bartake.

1st workshop: 40 participants

2nd workshop: 56 participants

One session of this training has been uploaded online. https://youtu.be/qlX4qv1r_x0

7) Campaign of online posters during World breast feeding awareness week.

10 slide decks were made to increase awareness of health professionals and common man regarding some advances and key concepts in breast feeding. Can check the slide decks on our Facebook and Instagram handles @powerfulgyaan. Pasting here links of 2 of them

[Powerful Gyaan on Instagram: "Formula use is now very common in hospitals and homes. We don't think twice before giving a formula feed to babies. Let's understand the..."](#)

[Powerful Gyaan on Instagram: "This post explains the rationale behind the recommendation of Breastfeeding for atleast 2 years or beyond. Let's create a shame-free and..."](#)

8) Competition for posters and reels on various health issues

We organised a poster and reel competition so that activists working on various health issues can contribute towards creating good online awareness content. We gave 20 prizes. We are releasing 1 prize winning entry each week. 4 of these have been uploaded till now. They can be seen on our social media handles

Facebook www.facebook.com/PowerfulGyaan

Instagram: <https://www.instagram.com/powerfulgyaan>

Youtube: <https://www.youtube.com/@PowerfulGyaan>

9) A documentary film on a village 'Pargaon' where villagers have successfully overcome the alcohol problem since 25 years.

<https://youtu.be/5JZSriCjg-8?feature=shared>

Impact of our presentations:

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

Number of students who filled an online Baseline questionnaire - 1100

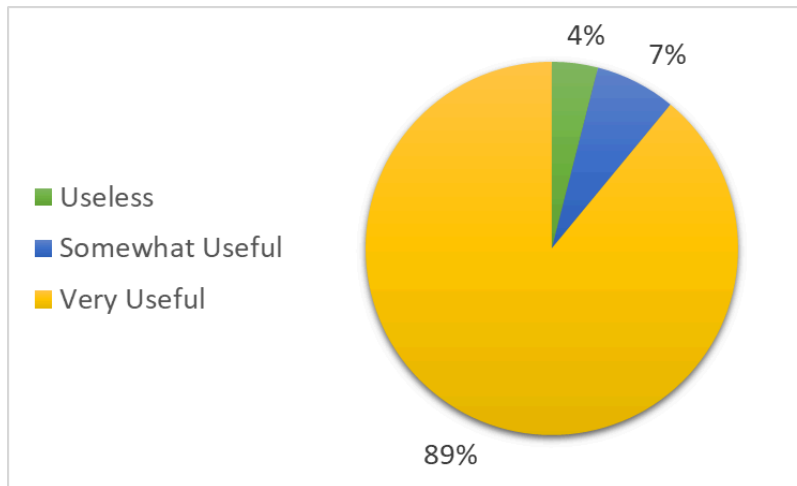
Gender: Males: 554 Females: 546

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

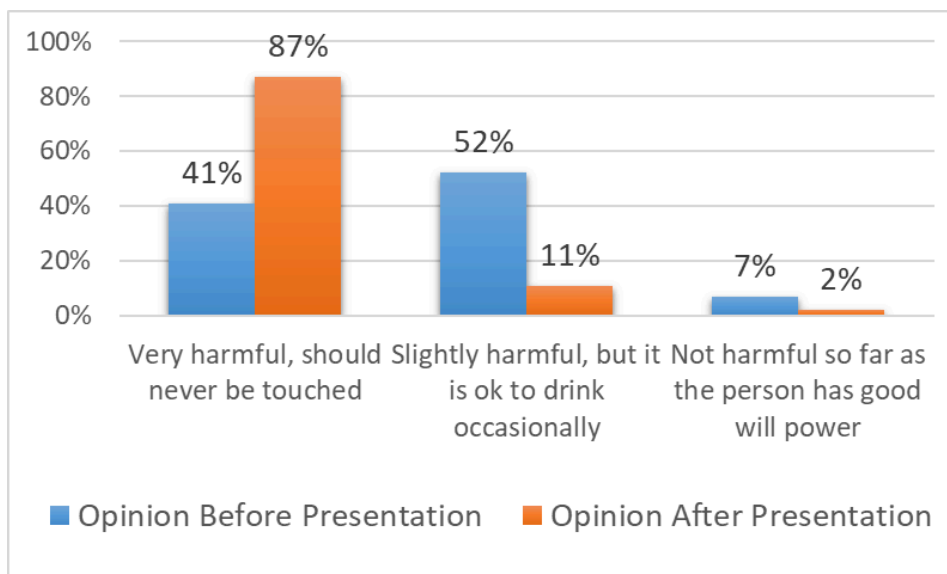
Consumed alcohol in last 1 year - 53 students (5%)

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

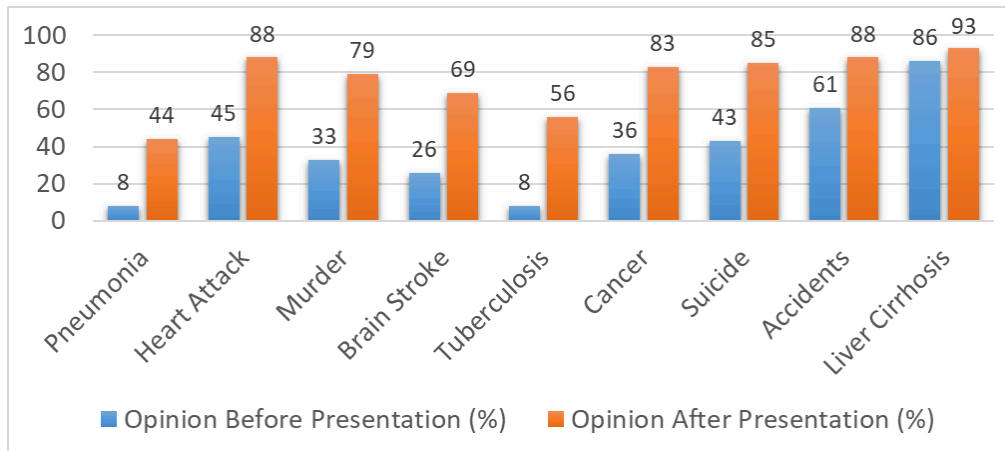
1. How useful was the presentation?



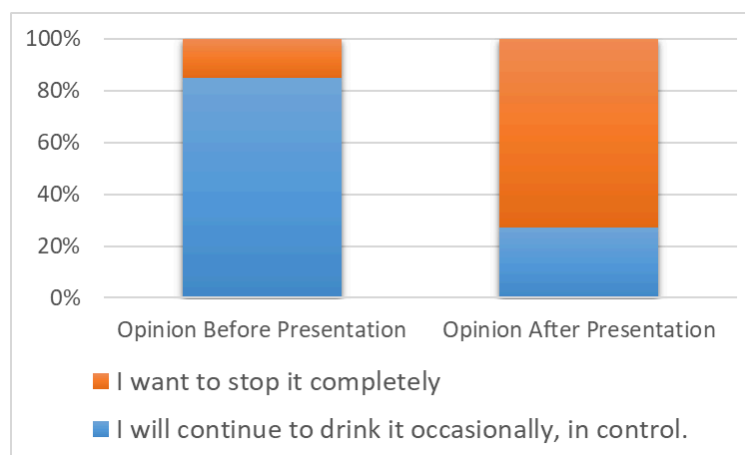
2. How harmful is it to drink alcohol?



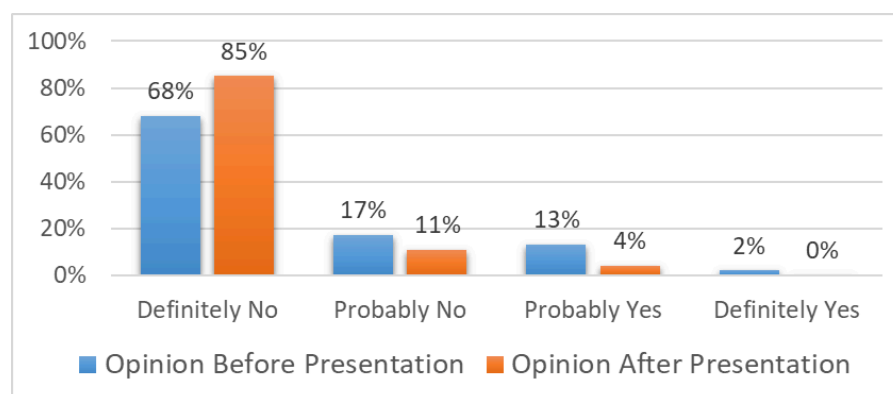
3. Which of the following diseases/events are common ways in which alcohol causes deaths?



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



5. 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 who attended awareness talk

- 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. Such sessions should be arranged on larger scale to remove this weed completely.
- 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.

Some feedbacks from people who called on our helpline

I am really very thankful to Akshita ma'am. I got a lot of help from her when I actually needed. My bad days turned in good after quitting Alcohol. Would love to appreciate her and organisation work for this. If I have to give point then it is 10/10. My parents and well wisher are also very thankful to her as I quit alcohol. God bless to all the team of Organisation - Hardik, 95593 88883

मैं जब आपकी संस्था से जुड़ा तब मुझे यकीन नहीं था कि मैं यह कर पाऊंगा. आप लोगों ने लगातार मुझे मार्गदर्शन और विश्वास दिलाया मैं यह कर सकता हूँ तब मैंने भी अपने ऊपर विश्वास करना चालू किया और धीरे-धीरे स्थिति आसान होती गई. और एक चीज मैं कहना चाहूंगा कि अगर मन में विश्वास कर लो तो आप कोई भी नशे को छोड़ सकते हो और मैं आप सभी का धन्यवाद करता हूँ कि आपने मेरा इस सफर में साथ दिया - Anup , 99262 11521

मैं पूजा कुमारी, Wife of Abhishek Sharma, West Bengal. मेरे Husband नशा करते थे। मैं उन्हें डॉक्टर से दिखाकर दवा खिला-खिलाकर परेशान हो गई। मेरी आँखों के आगे कुछ दिखाई नहीं देता था सिवाय अपने पति को ठीक करने के अलावा मेरी जिंदगी में कोई रंग ही नहीं था। क्या दिवाली क्या होती क्या नया साल सब जैसे लगता था कि मेरा मजाक उड़ाने के लिए ये सब त्योहार आते हैं। मैं अंदर से बिल्कुल टूट सी गई। उनको ठीक करने के बारे में सोचते-सोचते मैं खुद डिप्रेशन में चली गई। मुझे कोई कुछ अच्छी बातें भी बताता तो मैं उनसे चिढ़ जाती थी। फिर अचानक मुझे मिनाक्षी मैम से बात हुई उन्होंने मुझे बहुत Support किया। मैं उनका से Support कभी नहीं भूल सकती। मैम से बात करके बहुत positive mind महसूस की मैं अपने जिंदगी का एक नया रास्ता ढूँढ़ पायी - Pooja sharma , 93826 53376

मेरा गाव यवतमाल है. मैं शराब का व्यसनी था और मुझे मीनाक्षी मँम का नंबर मीला और उनसे मेरी बात हुई और मँम ने मेरी कौंसलिंग की मैम के कॉन्सलीग से मुझे आराम हुआ. और मेरी शराब पीने की आदत बंद हुई. और मँम से बाते करता हू ओर शराब पिने वाले लोग हैं उनको गाईड करता हु कि आप मँम से बात करें और मैं आपका धन्यवाद मानता हू। - Sumit Patel, 94221 92879

Some feedbacks from people who attended our trainings

The substance use workshop has been very helpful for me. In the wards, I came across multiple people who needed help on this issue. I supported them as much as possible from my side. Thank you so much for conducting this workshop.

- Ms. Ishwari Tupe, MBBS student, Bharati Vidyapeeth, Pune.98220 03151

I found it extremely informative and actually eye opening because of the new information that was provided to us and that too in such a fun manner that it wasn't boring at all. Forever grateful for this session. - Anirudh PB , pbaniunni@gmail.com

The training helped us to conduct awareness programmes in school & colleges. It also helped us in counselling cases of addiction. Mrs. Uma Vaidyanathan , umaramesh6185@gmail.com

I liked the approach towards anti-addiction. It was more about changing the mindset of young people. The emphasis was on the total cost paid by an addict in terms of personal relationships, family, profession and illnesses. I appreciate the sincere effort. - Dr. Vaishali Deshmukh , vrdes06@gmail.com

Amazing training session organised. It was very informative and also concise. Also it was very practical to apply to our patients. Hope to attend more of these sessions in future. - Dr, Naveen Punihani , naveenpunihani1@gmail.com

Our team:

Dr. Dharav Sandhya Sunil Shah - Director

Dr Dharav did his diploma in psychiatry from BJMC, Pune and MD in Psychiatry from NIMHANS, Bangalore. He has been spreading awareness on various mental health issues since 13 yrs. He gives half his working time for awareness work. This foundation was started so that more people can be trained and supported for giving similar awareness presentations and more people can be reached, especially youth from marginalised sections of our society.

Dr. Taru Sneh Ramnath Jindal - Director

Dr Taru is an Obstetrician and Gynaecologist who has worked in Bihar along with 'Care India' and 'Doctors For You' towards improving quality of maternity services being provided. She was instrumental in transformation of Motihari district hospital from one of the worst to the winner of the Kayakalp Award from GOI. She has extensively worked on improving breastfeeding awareness & skills, conducting more than 42 workshops across the country empowering more than 6000 mothers & health workers.

Mr. Suyash Toshniwal - IT Head and Community Liaison officer

Suyash has been volunteering for various causes since college days. After engineering, instead of choosing a corporate career, he chose to work in development sector. He is also an active member of Andhashraddha Nirmulan Samiti. Based on his rich experience and passion, Suyash contributes towards strategic planning, establishing partnerships and handling social media.

Ms. Tejal Khedekar - Psychologist

She is a psychologist who helps people who call on our helpline. She is currently being trained to give awareness talks.

Mr Benefar Dongardive - social worker

He has many years of field work experience in social sector. He gives awareness presentations on substance addiction prevention in the community.

Past workers:

Ms Akshita Yellurkar - Psychologist

We are thankful to her for handling our helpline very effectively and passionately for 4 months. Now she works with a different organisation.

Meenakshi Alawani – Psychologist

We are thankful to her also for handling our helpline very effectively and passionately for 4 months. She now focuses on functioning of her own NGO, Sahaj Trust, Singhudurg, Maharashtra.

Some photos of our awareness talks



1st year MBBS students, RCSM Gov. Medical College, Kolhapur



Adarsh Prashala, Shivaji Peth, Kolhapur



Training session, Community Medical Officers & health workers, Desaijanj Taluka



Women's group at Dhammadip Nagar Slum, Nagpur



1st year students, Seth GS Medical College, Mumbai



Jawahar Navodaya Vidyalay, Navegaon, Nagpur



1st year MBBS students, GMERS Medical College, Patan



Youth group of village Navin Ladaj, Desaiganj

आरोग्य कर्मचाऱ्यांना मिळाला व्यसनाधीनतेवर डोस देसाईगंजात कार्यक्रम : वैद्यकीय अधिकाऱ्यांसह आरोग्य सेविका व सहायक सहभागी

लोकमत न्यूज नेटवर्क
देसाईगंज : तालुक्यातील वैद्यकीय अधिकारी, समुदाय आरोग्य अधिकारी, आरोग्यसेवक यांची व्यसनाधीनतेवर उपाययोजनांची प्रशिक्षण कार्यशाळा शनिवारी पार पडली. कार्यशाळेत त्यांना व्यसनाधीनतेवर उपचार व समुपदेशन कसे करावे याबाबत मार्गदर्शनाचा डोस देण्यात आला.

आरोग्य प्रबोधिनी, उग्रवेदन फाउंडेशन मुंबई व तालुका आरोग्य अधिकारी कार्यालय देसाईगंज यांच्या संयुक्त विद्यमाने पार पडलेल्या कार्यक्रमाच्या अध्यक्षस्थानी तालुका आरोग्य अधिकारी डॉ. अभिषेक कुंभरे होते. प्रमुख अतिथी व मार्गदर्शक म्हणून मुंबईच्या उग्रवेदन फाउंडेशनचे संचालक व मानसोपचार तज्ज्ञ डॉ. धरव शहा, कार्यक्रमाचे आयोजक व आरोग्य



मार्गदर्शन करताना मानसोपचार तज्ज्ञ डॉ. धरव शहा, सोबत कर्मचारी.

प्रबोधिनीचे संचालक डॉ. सूर्यप्रकाश गभणे, वैद्यकीय अधिकारी डॉ. अशोक गहाणे उपस्थित होते.

यावेळी समुदाय आरोग्य अधिकारी, डॉ. प्रियंका नाकाडे, डॉ. किशोर बुद्धे, हेमंत नाकाडे डॉ. कीर्ती नाकाडे, डॉ. अनिल नाकाडे, डॉ. अश्विनी कुथे, डॉ.पल्लवी बांदरे, डॉ. एन. जे. बनसोड,

डॉ. गणेश मुंडले, पवन पोहनकर, डॉ. राजश्री सहारे, डॉ. पायल भालाधरे, पायल जुमळे, सी. एस. चहारे, आरोग्य सेवक व्ही. डब्ल्यू. सेलोकर, एस. टी. येरमे, एन. पी. भांडारकर, जी. पी. कुर्वे, आर. एस. झाडपे, बी. बी. गेडाम, डी. एन. ढोरे, जी. बी. कोरे, जी. बी. दोनाडकर, आर. वाय. लाडके उपस्थित होते.

समुपदेशन आणि प्रोत्साहनपर मार्गदर्शन

प्रास्ताविकातून डॉ. गभणे यांनी स्वयंसेवी संस्थांपेक्षा शासकीय आरोग्य विभागाची कार्यक्षमता व कार्यक्षमता निश्चितच सर्वात मोठे आहे. स्वयंसेवी आणि शासकीय मिळून कार्य झाले तर व्यसनाधीनतेवर मात करणे सोपे होईल, असे मत व्यक्त करीत सेवेत शासकीय कार्यकर्त्यांनीही जुळावे, असे आवाहन केले. डॉ. धरव शहा यांनी विविध व्यसनांचे ओळख, शारीरिक व मानसिक लक्षण, परिणामकारक घटक, औषधोपचार व इतर उपाययोजना यासंबंधी विस्तृत विवेचन केले. सोबतच समुपदेशन आदीबाबत माहिती दिली.

Newsreport of training session, Community Medical Officers, Desaiganj Taluka

...तर व्यसन मानसिक गुलामीचे केंद्र बनेल

डॉ. धरव शहा : देसाईगंज येथे जनजागृती; दुष्परिणामची दिली माहिती

लोकमत न्यूज नेटवर्क
देसाईगंज : दारू, तंबाखू व तंबाखूजन्य पदार्थ सेवनामुळे आरोग्यावर व समाजावरही दुष्परिणाम होतात. सोबतच आर्थिक नुकसान होते. तरुण वयात जीवितहानीचा धोका असतो. व्यसन हा एक मानसिक आजार असल्याने शारीरिक, मानसिक आजारांसोबत एक प्रकारची गुलामी यातून निर्माण होते. त्यामुळे युवकांनी व्यसनाच्या गुलामीत न अडकता दारू आणि तंबाखूला स्पष्ट नकार द्यावा, असे आवाहन उग्रवेदन फाउंडेशनचे संचालक डॉ. धरव शहा यांनी केले.

देसाईगंज येथील मोहसीनभाई जव्हेरी महाविद्यालयात आरोग्य प्रबोधिनी व उग्रवेदन फाउंडेशन यांच्या संयुक्त विद्यमाने 'व्यसनांचे प्रकार दुष्परिणाम व उपाययोजना' या



मार्गदर्शन करताना डॉ. धरव शहा, सोबत डॉ. सूर्यप्रकाश गभणे आदी.

विषयावर महाविद्यालयीन विद्यार्थ्यांसाठी प्रबोधन कार्यक्रम घेण्यात आला. यावेळी ते बोलत होते. अध्यक्षस्थानी प्राचार्य डॉ. सुनील चौधरी होते.

यावेळी कार्यक्रमाचे आयोजक आरोग्य प्रबोधिनीचे अध्यक्ष डॉ. सूर्यप्रकाश गभणे उपस्थित होते. याप्रसंगी डॉ. सूर्यप्रकाश गभणे म्हणाले,

व्यसनांबद्दल माहिती देणे हा व्यसन थांबवण्याचा एक चांगला उपाय आहे. व्यसन सोडण्यासाठी खूप खटपटी कराव्या लागतात. त्यामुळे तंबाखू, दारूच्या पहिल्या घोटापासून दूर राहावे, असे आवाहन त्यांनी केले. कार्यक्रमाचे प्रास्ताविक व संचालन सुचिता पेढीवार तर आभार डॉ. कुशल लांजेवार यांनी मानले.

Newsreport of presentation at Mohsinbhai Jhaveri Mahavidyalaya, Desaiganj, Gadchiroli

List of awareness presentations on Substance addiction given by Ugravedan Foundation

No	Date	Place and audience	No of people
1	8/04/22	MIT Academy of Engineering (webinar)	100
2	18/7/22	HBT Medical College and Dr. R.N. Cooper Hospital, Mumbai (Annual academic fest: Qriosity, 2022)	260
3	23/7/22	Yashvantrao Chavan School of Social work, Satara (2nd year students) (Webinar)	30
4	26/8/22	Staff members of NGO Mamta - HIMC, Nagpur	8
5	12/9/22	Beggars Rehabilitation Centre, Nagpur	68
6	30/9/22	Women of Dhammadip Nagar Slum, Nagpur	15
7	30/9/22	Women of Adarsh Nagar Slum, Nagpur	12
8	15/10/22	MGIMS, Sevagram, 1st year MBBS students	84
9	9/11/22	V.E.S College of Arts, Science and Commerce	200
10	23/11/22	Mohsinbhai Jhaveri Mahavidyalaya, Desaiganj, Gadchiroli	120
11	23/11/22	ZP School, Kurud, Gadchiroli	100
12	24/11/22	Aadarsh Jr. College, Desaiganj	200
13	24/11/22	Youth group of village Navin Ladaj, Desaiganj	15
14	25/11/22	Lokmanya Tilak Mahavidyalay, Wani	180
15	26/11/22	Jawahar Navodaya Vidyalay, Navegaon. Nagpur	300
16	7/12/22	GMERS Medical College, Vadnagar (I year)	186
17	8/12/22	Banas Medical College, Palanpur (I year)	100
18	8/12/22	GMERS Medical College, Patan (I year)	100
19	9/12/22	GMERS Medical College, Himmatnagar (I year)	100

20	12/12/22	Pramukhswami Medical College, Karamsad, Anand. (1 year)	107
21	10/1/23	Housabai Homeopathic Medical College, Nimshirgao	50
22	10/1/23	3rd yrs students, Bhartiya Vidyapeeth Nursing college	72
23	11/1/23	1st MBBS, Government Medical College, Miraj	148
24	11/1/23	1st MBBS, Bhartiya Vidyapeeth Medical College, Sangli	115
25	13/1/23	1st MBBS, RCSI GMC Kolhapur	117
26	13/1/23	Adarsh Prashala, Kolhapur	150
27	13/1/23	CSIBER college of Social work, Kolhapur	50
28	14/1/23	Nursing and physiotherapy students of KIMS, Karad	109
29	17/1/23	1st MBBS, Seth GS Medical College, Mumbai	121
30	16/8/23	MIT Academy of Engineering, 1st yr students (webinar)	100
31	6/9/23	VES College of Arts and commerce	150
32	6/9/23	VES College of Science	150
33	12/9/23	Lord Buddha Medical College, Saharsa, Bihar	100
34	27/9/23	Swami Vivekananda College of Social Work, Nagpur	60
35	21/10/23	Isvar Deshmukh College of Physical Education, Nagpur	100
36	26/10/23	Podar World School, Nagpur	100

Some acknowledgement letters given by institutions.



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Principal Dr. (Mrs.) Anita Kanwar
M.Sc. (Physics), Ph.D (Physics)

Ref No.: VC/DLLE/380/2023-24

Date: 8th September, 2023

To,
Dr. Dharav Shah,
Consulting Psychiatrist,
Mumbai

Dear Sir,

We are grateful to you for conducting the Awareness talk on "Alcohol addiction awareness " under Nation Prepares on 6th September 2023, from 11.30 am to 3.30 pm for our students of Lifelong Learning and Extension regarding "Understanding better the cool party drink Alcohol" and explaining to the students the benefits of how this addiction can ruin lives of people. We would certainly be interested in organizing many more talks for staff and student interaction with you. We are also grateful for making us a part of the Campaign in association with WHO and Ugravedan Foundation NGO called Meri Pyari Zindagi.

Thanking You Once Again.

Yours Sincerely,

Principal

Sindhi Society, Chembur, Mumbai - 400 071, INDIA.

Phone : (O) : +91 22 2522 7470 / +91 22 2527 7791 / +91 22 2528 4132 • Dir : +91 22 2522 7514
Email : principal.vesasc@ves.ac.in • vesasc.admin@ves.ac.in • Website : ves.ac.in/vesasc

पी.टी.आर.अॅक्ट र. नं. एफ. ७२८१ (कोल्हापूर)
एस.आर.अॅक्ट र. नं. महापट्ट/७३१०/कोल्हापूर.



स्थापना : १९९२
इंटेक्स नंबर : २३.९.०६५
बु डायस नंबर : २७३४१३०६६०४

चिकोत्रा शिक्षण संस्था, संचलित,
आदर्श प्रशाला



प्लॉट नं. ६/७, सरनाईक कॉलनी, जुना वाशी नाका, राधानगरी रोड, कोल्हापूर ☎ : (०२३१) २६२२२२

मुख्याध्यापक - श्री. आर. वाय. पाटील
B.A. B.Ed

जा. क्र. आप्रक्रो : 324/2022-23 दिनांक : 13/01/2023

प्रति,

मा. डॉ. धारव शहा

मुंबई.

आज दिनांक 13 जानेवारी 2023 रोजी आपण आमच्या आदर्श प्रशाला, कोल्हापूर या माध्यमिक विद्यालयामध्ये “ व्यसनमुक्तीमध्ये विद्यार्थ्यांचा सहभाग ” या विषयावर अत्यंत उत्कृष्ट असे विद्यार्थ्यांना मार्गदर्शन केलात . भविष्यात आपल्या या चळवळीमध्ये आमचे विद्यार्थी निश्चितपणे जोडले जातील असा विश्वास वाटतो . आपण बहुमुल्य वेळ देऊन जे मार्गदर्शन केलात त्या बद्दल शाळा आपली ऋणी आहे . यापुढेही आपले मार्गदर्शन आमहाला मिळत रहावे ही अपेक्षा .

कळावे,

आपला विश्वासू,

मुख्याध्यापक
आदर्श प्रशाला,
राधानगरी रोड, कोल्हापूर.



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Date: 07-11-2023

To,
Dr Dharav Shah
Director , Ugravedan Foundation
Mumbai.

Appreciation Letter

We would like to appreciate Ugravedan Foundation's efforts for conducting a very insightful session on 'What can we do to stop the Alcohol and tobacco epidemic' for students of our college on 13/01/23. Our students were feeling very motivated after the presentation and we assure you that they will also in turn spread awareness on this issue. We wish him all the success for his future endeavor.




—**Dr. Deepak M. Bhosale**
Head,
Dinkarrao K. Shinde School of Social Work,
CSIBER College, Kolhapur (M.S.)

Address: University Road, Kolhapur – 416 004, (MS), India
Website: www.siberindia.edu.in email: director@siberindia.edu.in
Contact: +91 231 2535706 / +91 231 2535707



Press Esc

समाज विकास विभाग व सहाद्री संस्था द्वारा संचालित
केंद्र शासन पुरस्कृत सर्वसमावेशक पुनर्वसन प्रकल्प
(पथदर्शी प्रकल्प)

आस्था निवारागृह

दिनांक: १२.०९.२०२२

प्रति,
मा. संचालक,
उग्रवेदन फाउंडेशन,
नागपूर.

विषय : आस्था निवारागृहातील शिक्षकरीना व्यसनमुक्तीवर निशुल्क मार्गदर्शन दिव्याबाबत.

मा. महोदय,

वरील विषयान्वयी, नागपूर महानगरपालिका व केंद्र शासन पुरस्कृत सर्वसमावेशक शिक्षकरी पुनर्वसन प्रकल्प (पथदर्शी प्रकल्प), नागपूर द्वारा संचालित आस्था निवारागृहात 150 शिक्षकरींची राहण्याची सोय केली आहे. तसेच येथील शिक्षकरांसाठी आवश्यक त्या सर्व मूलभूत सुविधा उपलब्ध करून दिले आहे. या निवारागृहात नागपूर शहरातील रस्त्यावर व फुटपाथवर भौक मागताना सापडलेल्या शिक्षकरांना आश्रय देऊन त्यांना पुन्हा सन्मानाने जगण्यासाठी स्किल, शिक्षण, व्यसनमुक्ती, रोजगार, स्वयंरोजगार, परिवार पुनर्मिलन करून मुख्य प्रवाहात आणले जाते.

निवारागृहात राहणारे काही शिक्षकरी व्यसनाधीन राहतात. दारू, तंबाखु च्या व्यसनानामुळे त्यांचे जीवन उध्वस्त होत असल्यामुळे व कुटुंबिय समस्या निर्माण होते तरी उग्रवेदन संस्थेचे जिवन कौशल्य प्रशिक्षक श्री. बेनीफर डोगरदिवे यांनी व्यसन मुक्ती बद्दल सकारात्मक मार्गदर्शन देऊन शिक्षकरी लाभार्थी यांना समाजाच्या मुख्य प्रवाहामध्ये आणण्याकरिता मदत केली, त्याकरिता आपले खूप धन्यवाद.



अधीक्षक/ व्यवस्थापक
आस्था निवारागृह



निवारा पत्ता: ब्लॉक नंबर 652-बी, ताजश्री हॉटेल जवळ, घाट रोड, कॉर्टन मार्केट रोड, नागपूर - 440018.

ई-मेल : sahyadri.cmindia@gmail.com दूरध्वनी : 9960327532, 9960183143, 9860998972.



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List of winners of our posters and reels competition Oct 2023.

Posters and slide decks

	Name	Topic
1st prize	Rachana Radhakrishna	Getting out of freeze mode
2nd prize	Rahee Kolwalkar & Ann Mariah Tahira Andrade	Human Papilloma Virus: Its impact & prevention
3rd prize	Dr. Kruti Abhyankar	Internet addiction: symptoms, prevention and response
3rd prize	Malvika Fulwani	Importance of reading nutrition labels
3rd prize	Meenakshi Alawani	Supporting people with Mental illnesses
3rd prize	Tehreem Shaikh	Alzheimer's Disease: prevention and response
3rd prize	Manaswini Latkar	Dealing with Mood Swings
4th prize	Ann Mariah Tahira Andrade	Infectious Diseases common in India
4th prize	Dr Shwetangi Shinde	Tips for breast feeding mothers
4th prize	PACE. Dr. Vandana Joshi & Dr. Sangeeta Mahajan	Choose wisely
4th prize	Dr. Minal Sapkal	Early symptoms of mental illness and taking care of our mind
4th prize	Dr. Niyant Agrahari	Symptoms and treatment of Tuberculosis
4th prize	Swarangi Thakare	Mental Health is as important as physical health

Reels

	Name	Topic
1st prize	Dr. Lokesh Tamgire	Smoking can kill your dear ones
2nd prize	Fatima Zahra	Kidney friendly Tea
3rd prize	Aesha Durdana	First Aid to prevent suicides
3rd prize	Dr. Amol Deshmukh	Suicide prevention
3rd prize	Dr. Dharav Shah	Dhat Syndrome
3rd prize	Dr. Sunil Kuyare	Checking for diabetic ulcers
3rd prize	Dr. Veena Santhanam Sarate	Danger of self medication