

Activity Approval Format

Date: 29-9-2021

Program: "Awareness among youth about ill effects of Addiction"

Need: To increase awareness among adolescent girls & boys on Menstrual Hygiene.

Objective: Aims to educate youth to develop the knowledge, skills, and attitudes to appreciate the benefits of living healthily .

Content: Following points will be covered: besides liver damage & cancer what are the other ways in which alcohol and tobacco can cause harm , results of recent research in this area , answers to common misconceptions , How much alcohol is ok to drink , how to motivate and support our dear ones, to quit these addictive poisons, so that they enjoy good immunity during this pandemic.

Resource Person: Dr. Dharav Shah (MBBS & DPM from BJMC, Pune and then MD Psychiatry from India's prestigious institute NIMHANS.)

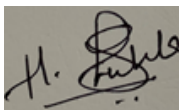
Date: 24-11-2021

Time: 12:00 pm onwards

Venue: Zoom Webinar

Cost/Budget: NA

Proposed By: Health Club



Verified By:



Minutes of the meeting

Date: 3/11/2021

Time: 9:30 p.m

Mode: Whatsapp Call

Following things were discussed in the meeting:-

It was decided that the Health Club of college will organize a program on "Awareness among youth about ill effects of Addiction" on 24th November, 2021. Dr. Dharav Shah (MBBS & DPM from BJMC, Pune and then MD Psychiatry from India's prestigious institute NIMHANS) will be the resource person for the same.

The session will start at 12:00 pm over Zoom. The session is open for all the students.

Health Club In-charge:

Asst. Prof. Himani Shukla

Health Club Members:

Asst. Prof. Vinay Vilas Shahapurkar

Asst. Prof. Utkarsh Kapadia



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Notice

Date: 24/11/2021

Hello Everyone! 🙏

Warm Greetings from the

Health Club 🧑 of

Bunts Sangha's S.M.Shetty College of Science, Commerce & Management Studies (Affiliated to University of Mumbai), Powai, Mumbai 🏢 is conducting a session on - Addiction

Topic : "Awareness among youth about ill effects of addiction"

For : All UG & PG Students 🧑🧑

📅 : 24th November, 2021

🕒 : 11:45 am onwards

Joining Link:

<https://us02web.zoom.us/j/84804438956?pwd=eHNVZ2RoQm9oN1lUaDFYcHI0ZTBIUT09>

For any queries, contact :

☀️ Asst. Prof. Vinay V S : vinays@smshettyinstitute.org




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Backdrop



Bunts Sangha's
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Health Club



**Organizes
Session on**

Awareness among youth about ill effects of addiction

**Venue: Zoom Platform
Date: 24th November, 2021
Time: 12:00 PM**

Resource Person: Dr. Dharav Shah

Certificate



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Certificate of Participation

This is to certify that
Mr./Ms. Ms Riya Rakesh Singh from **S.M.Shetty College** has successfully
has participated in the webinar on "*Awareness among youth about ill effects
of addiction*" organized by the Health Club on 24th November 2021.

Asst.Prof.Himani Shukla
Health Club In-charge

Asst.Prof. Sandesha Shetty
Vice Principal

Dr.Liji Santosh
Vice principal

Dr. Sridhara Shetty
Principal



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Report

Organized by: Health Club

Event Topic: "Awareness among youth about ill effects of Addiction".

Date: (Wednesday) 24th November, 2021

Timing: 12:00 pm onwards

Venue: Zoom

Scope: Students

Resource Person: Dr. Dharav Shah (MBBS & DPM from BJMC, Pune and then MD Psychiatry from India's prestigious institute NIMHANS.)

Total Count: 50 (20 Females & 30 Males)

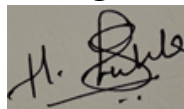
Objective: Aims to educate youth to develop the knowledge, skills, and attitudes to appreciate the benefits of living a healthy life .

Highlights: The session was informative for the students in a unique way as it covered the fake and false belief among youths that consuming alcohol and cigarettes causes nothing harm in the body. He touched upon the topic in a sensitive way indicating that consuming alcohol doesn't harm if taken in proper quantity.

Hence students got actual insight about the ill effects of consuming alcohol and cigarettes.

Health Club In-charge:

Health Club




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Pictures

● REC



Misconception 3:
So far as one drinks responsibly,
its safe to drink..

- 1) Does anyone drink out of control by choice?
Why call it an addiction??
- 2) Around 15% of those who touch it, get
addicted
- 3) Can develop in anyone.
It's a lifestyle disease; not a genetic disease



REC




Why do we call it alcohol epidemic ?

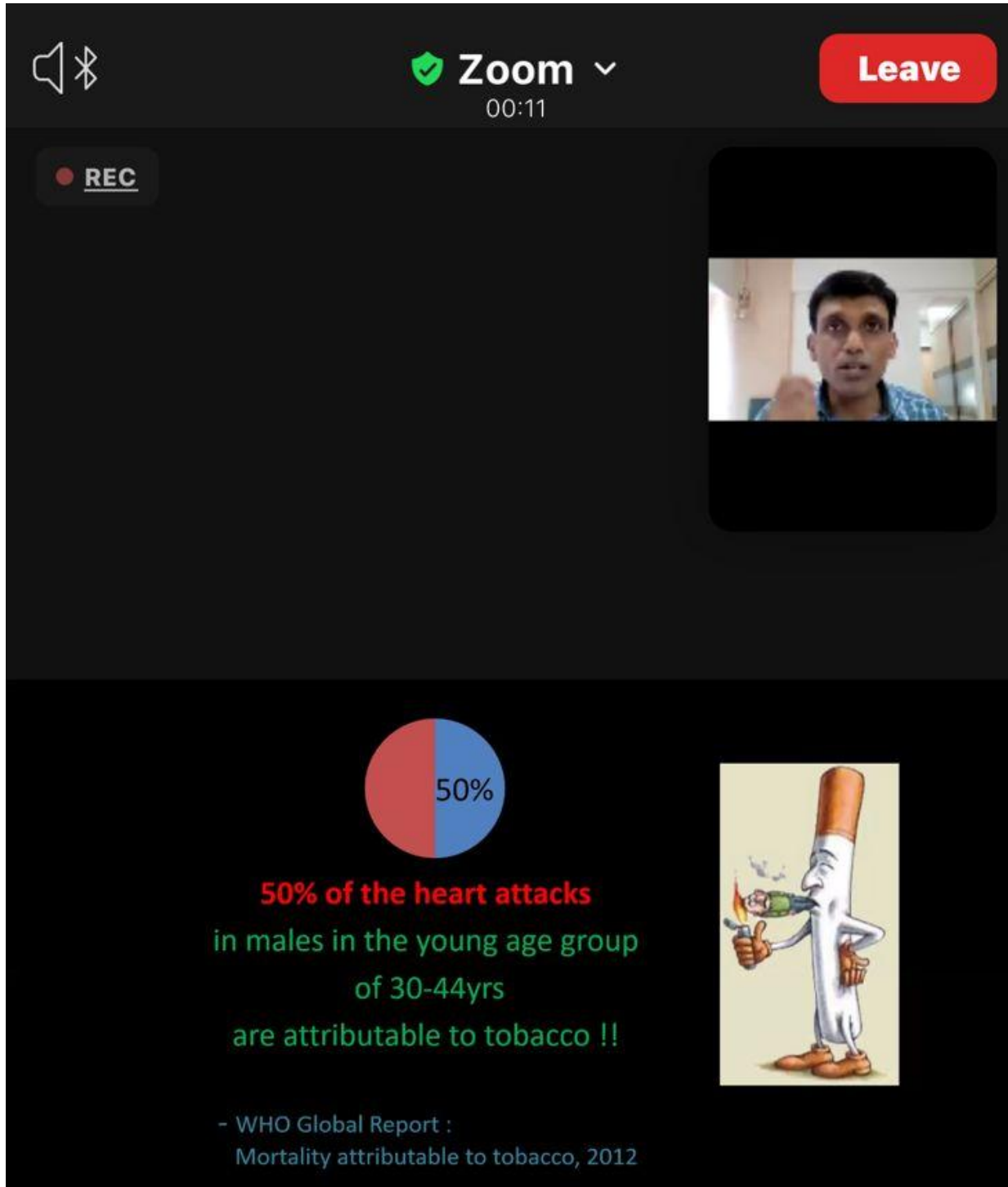
Trends in Kerala in past 2 decades

- Percentage of of the drinking population aged under 21 years 2% → 20%
- Average age of initiation 19yrs → 13.5 yrs

- Alcohol and Drugs Information Centre India




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The image shows a Zoom meeting interface. At the top, there is a speaker icon, the Zoom logo with a checkmark, and a 'Leave' button. The meeting duration is 00:11. A 'REC' indicator is visible on the left. A video window on the right shows a man speaking. Below the video window is a slide with a pie chart and text.

50%

50% of the heart attacks
in males in the young age group
of 30-44yrs
are attributable to tobacco !!

- WHO Global Report :
Mortality attributable to tobacco, 2012



A cartoon illustration of a cigarette with a face, arms, and legs. It is holding a lit match in its right hand and a lit cigarette in its left hand. The cigarette is anthropomorphic and appears to be smoking.

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Participant List

<u>Sr.No</u>	<u>Username</u>	<u>Name</u>	<u>Gender</u>	<u>Participant type</u>
1	vneelangi@gmail.com	Vedant Bandarkar	Male	Student
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4	26sahanikaambre@gmail.com	Ambre Sahanika shivaji	Female	Student
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7	smsdegfybscit3038844kinjal@smsshettyinstitute.org	Ms. Kinjal Shetty	Female	Student
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25	smsdegfybcom3039234riya@smsshettyinstitute.org	Ms Riya Rakesh Singh	Female	Student
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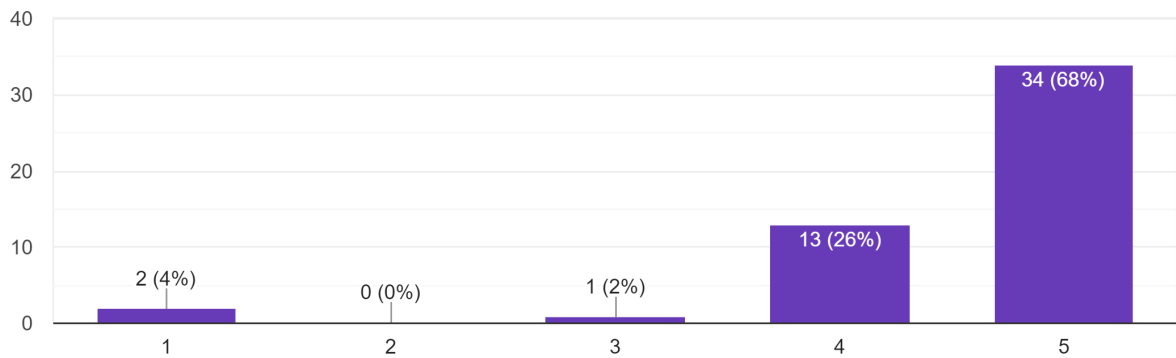
27	smsdegbscit2449935mayuresh@smshettyinstitute.org	Mr. Mayuresh Patil	Male	Student
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34	akmishra0982@gmail.com	Ashishkumar Mishra	Male	Student
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50	smilingsakshi98@gmail.com	Ms .Sakshi Ramesh Poojary	Female	Student



Feedback Analysis

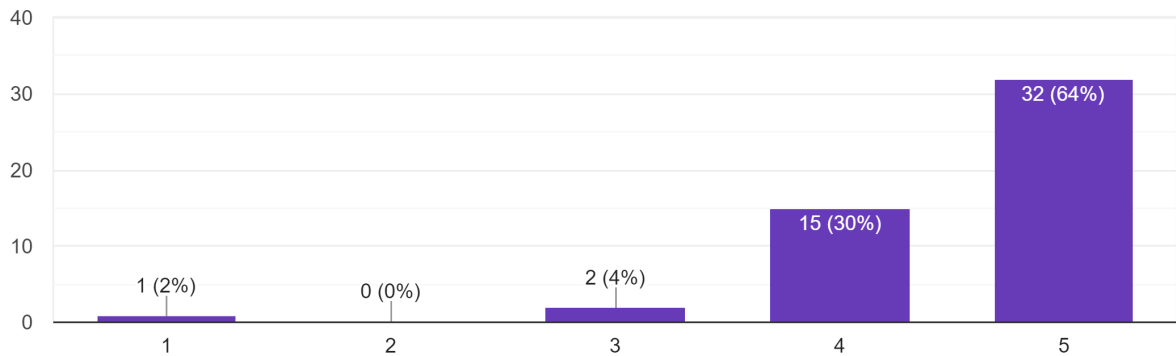
How informative was the session?

50 responses



How satisfied are you with the session's content?

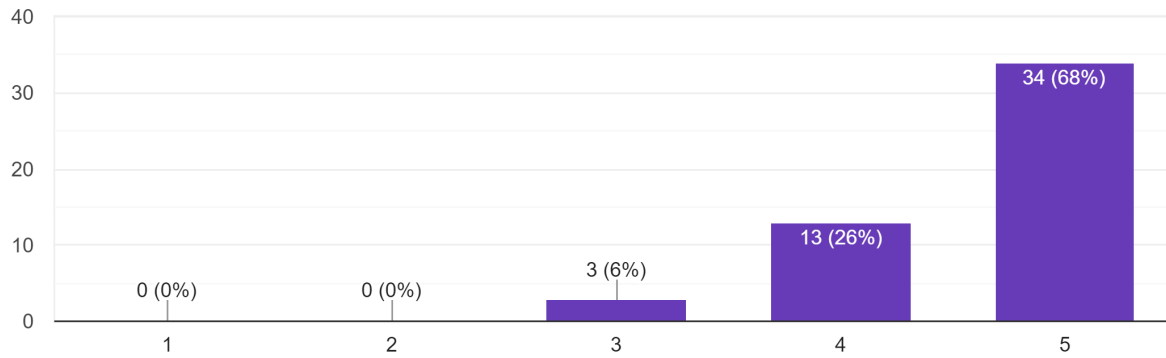
50 responses



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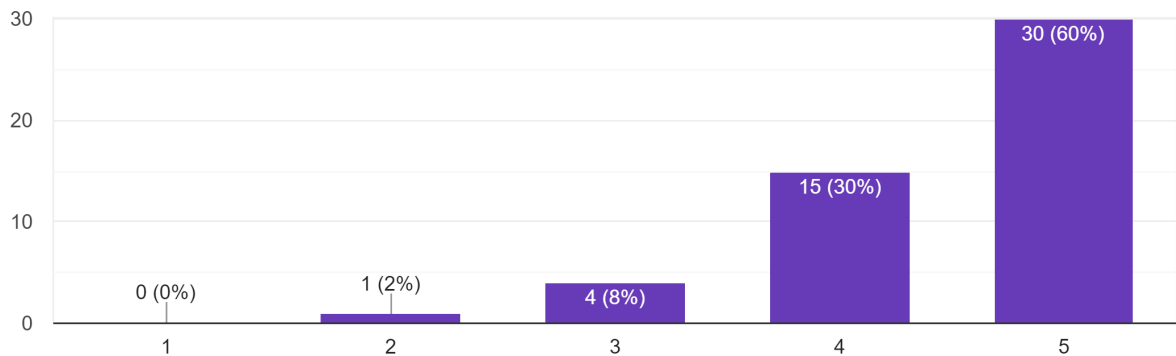
How relevant and helpful do you think the session was?

50 responses

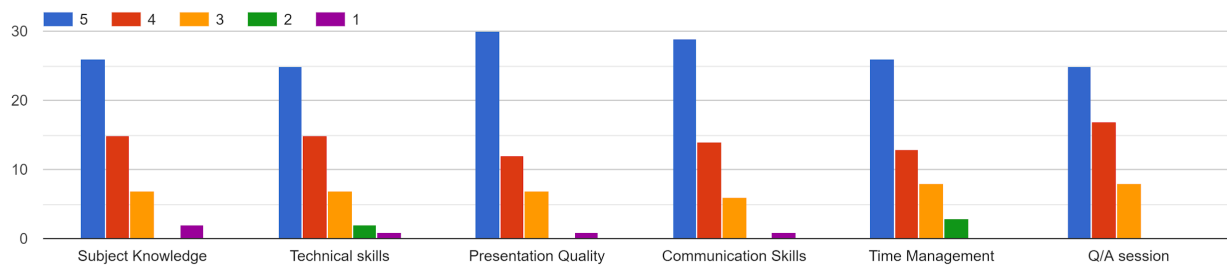


How satisfied are you with the technical aspects of online platform?

50 responses



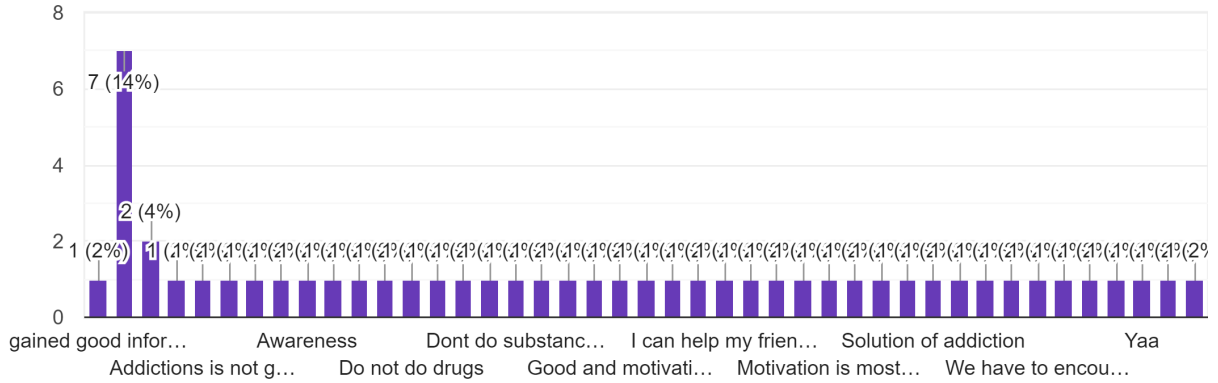
How satisfied were you with the key note speaker?



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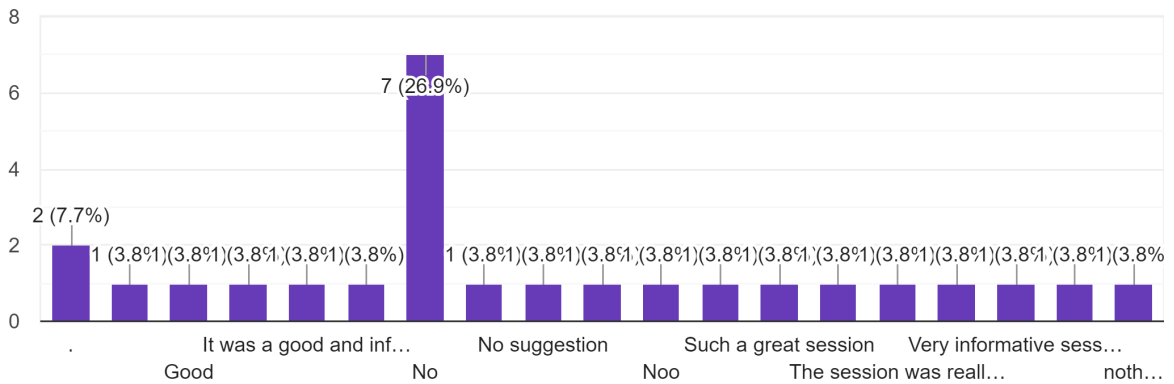
What were your key take aways from this event?


50 responses



Any other feedback and suggestions for the event?

26 responses




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Action Taken Report

<u>Date & Topic</u>	<u>Feedback Received</u>	<u>Conclusion</u>
"Awareness among youth about ill effects of Addiction". 24-11-2021	<ul style="list-style-type: none">● Very informative session● It was wonderful and needed more sessions .● It was a good and informatic event!● Great session really helpful● The session was really helpful to me to understand everything. Thank you so much .	The Health Club decided to promote & keep awareness sessions for the youth (Students) in order to create a healthy environment.




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