

**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. )

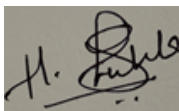
**Date:** 24-11-2021

**Time:** 12:00 pm onwards

**Venue:** Zoom Webinar

**Cost/Budget:** NA

**Proposed By:** Health Club



**Verified By:**



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S.M.Shetty College of Science, Commerce & Management Studies, Powai.  
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### **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](mailto:vinays@smshettyinstitute.org)



  
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## Backdrop



**Bunts Sangha's**  
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**Health Club**



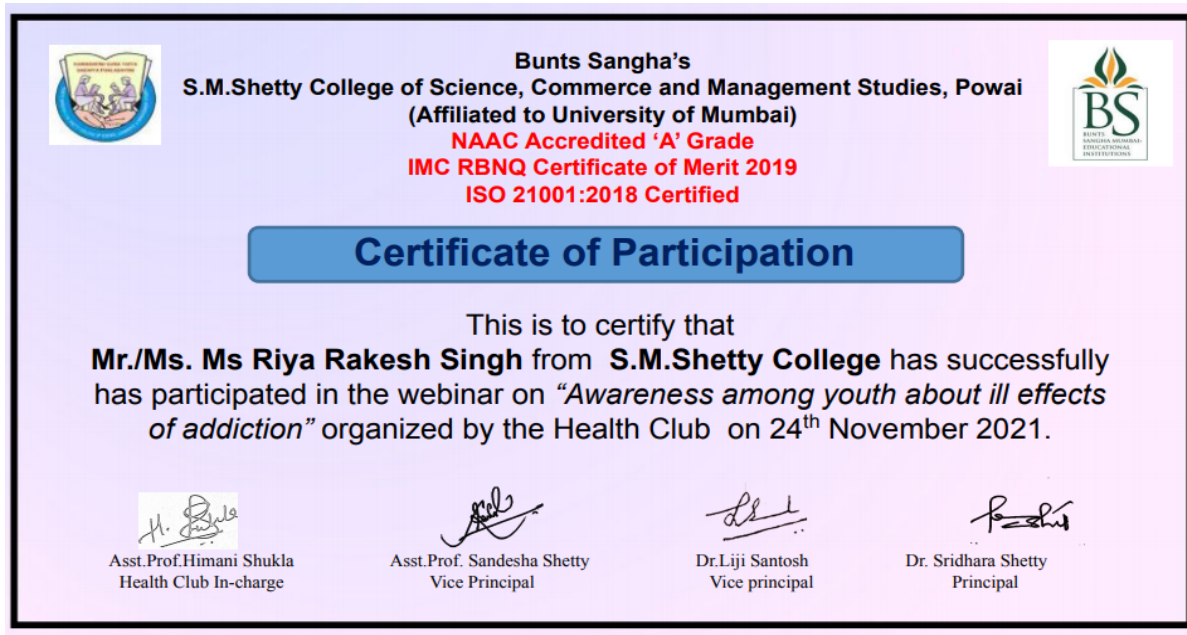
**Organizes  
Session on**


**Awareness among youth about ill effects of addiction**


**Venue: Zoom Platform  
Date: 24<sup>th</sup> November, 2021  
Time: 12:00 PM**

**Resource Person: Dr. Dharav Shah**

## Certificate





**Bunts Sangha's**  
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(Affiliated to University of Mumbai)  
NAAC Accredited 'A' Grade  
IMC RBNQ Certificate of Merit 2019  
ISO 21001:2018 Certified





**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 24<sup>th</sup> 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)

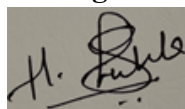
**Objective:** Aims to educate youth to develop the knowledge, skills, and attitudes to appreciate the benefits of living a healthy life .

**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



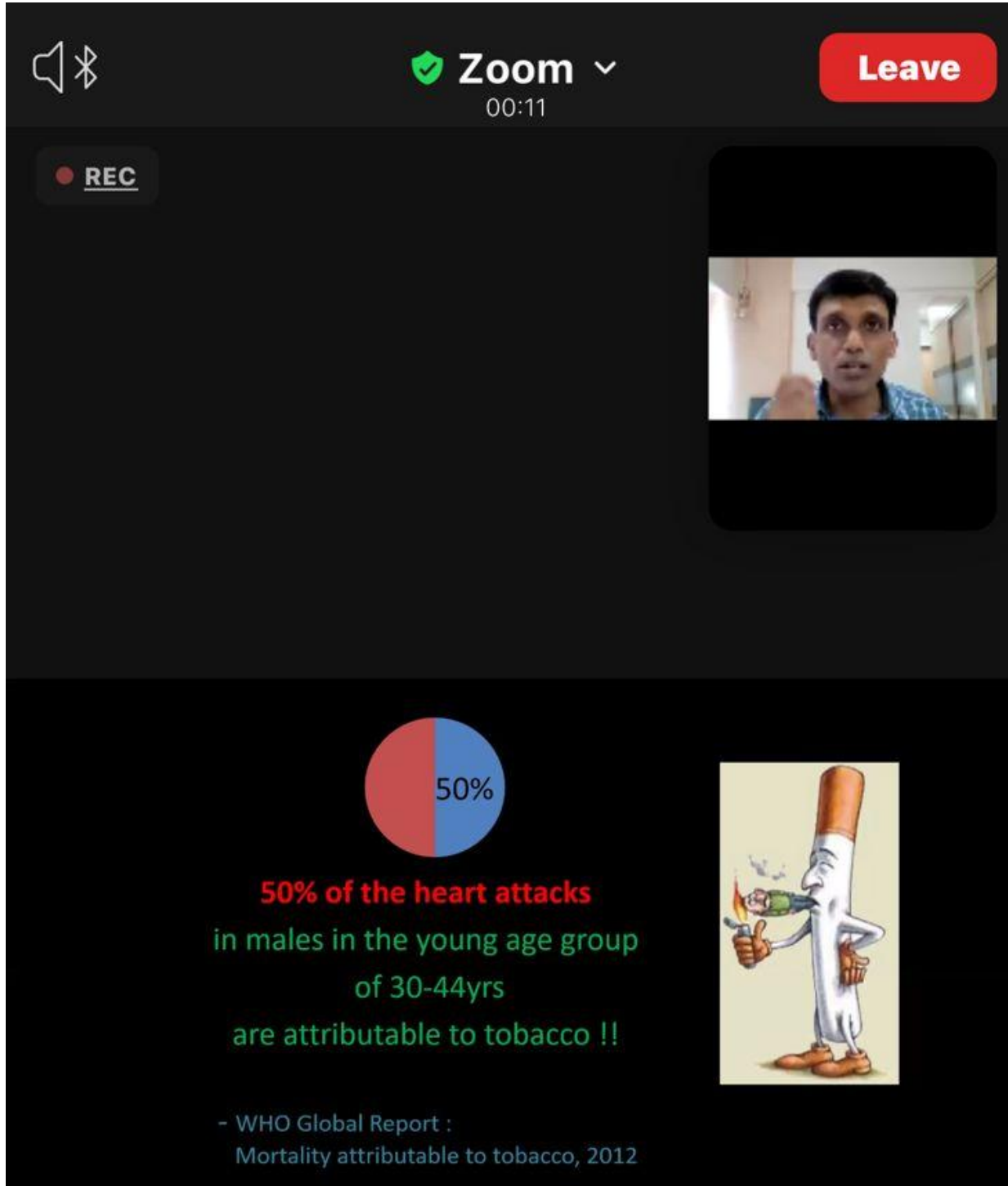
## Why do we call it alcohol epidemic ?

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






The image shows a Zoom meeting interface. At the top, there are icons for mute and video, the Zoom logo with a dropdown arrow, and a 'Leave' button. The time is 00:11. A 'REC' indicator is visible on the left. A video thumbnail shows a man speaking. Below the video, a slide is displayed 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



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**Participant List**

<b>Sr.No</b>	<b>Username</b>	<b>Name</b>	<b>Gender</b>	<b>Participant type</b>
1	vneelangi@gmail.com	Vedant Bandarkar	Male	Student
2	smsdegbscit2449941tanisha@smsshettyinstitute.org	Ms Tanisha Chauhan	Female	Student
3	ankitanagur02@gmail.com	Nagur Ankita Basavraj	Female	Student
4	26sahanikaambre@gmail.com	Ambre Sahanika shivaji	Female	Student
5	riteshrakeshsingh@gmail.com	Mr. Ritesh Singh	Male	Student
6	mishranilesh968@gmail.com	Mishra Nilesh Jaykant	Male	Student
7	smsdegfybscit3038844kinjal@smsshettyinstitute.org	Ms. Kinjal Shetty	Female	Student
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12	srx960@gmail.com	Mr.shubham Rai	Male	Student
13	ethandawson52@gmail.com	Mr. Ethan Dawson	Male	Student
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19	komalbhosale016@gmail.com	Komal sandip bhosale	Female	Student
20	parabdeepeeh@gmail.com	Mr.Deepesh Parab	Male	Student
21	mahtosonurajkumar108@gmail.com	Sonu rajkumar mahto	Male	Student
22	smitakori739@gmail.com	Ms. Smita koru	Female	Student
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25	smsdegfybcom3039234riya@smsshettyinstitute.org	Ms Riya Rakesh Singh	Female	Student
26	smsdegbscit2452219vrushali@smsshettyinstitute.org	Ms.Vrushali Jitendra Lale	Female	Student

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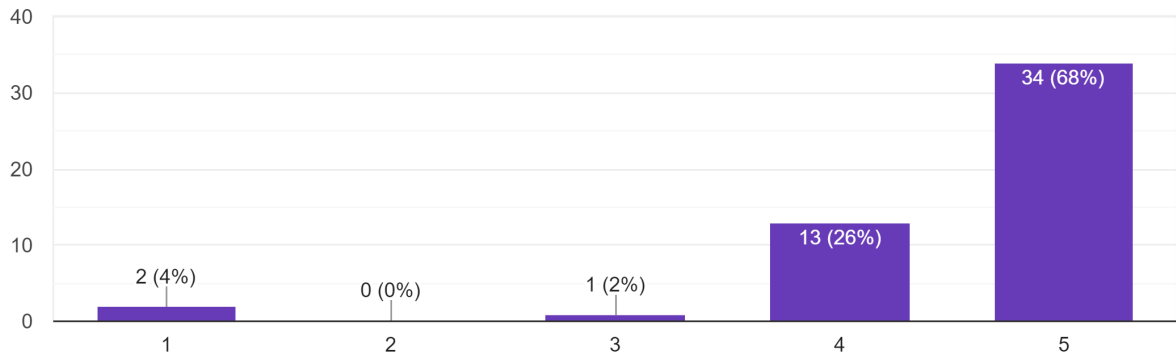
27	smsdegbscit2449935mayuresh@smshettyinstitute.org	Mr. Mayuresh Patil	Male	Student
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32	priyankabhadouria40223@gmail.com	Priyanka Bhadouria	Female	Student
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36	smsdegbscit2459724pradhumn@smshettyinstitute.org	MR.PRADHUMN VATS	Male	Student
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46	sebastin99nadar@gmail.com	Mr Nadar Antony sebastin Michael raj Selvi	Male	Student
47	gaushmurshad2003@gmail.com	Gaush Murshad	Male	Student
48	smsdegbscit2449730mohdmubesshir@smshettyinstitute.org	Mubasshir	Female	Student
49	smsdegyfbscit3166981sharvi@smshettyinstitute.org	Ms. Sharvi Prashant Morajkar	Female	Student
50	smilingsakshi98@gmail.com	Ms .Sakshi Ramesh Poojary	Female	Student



## Feedback Analysis

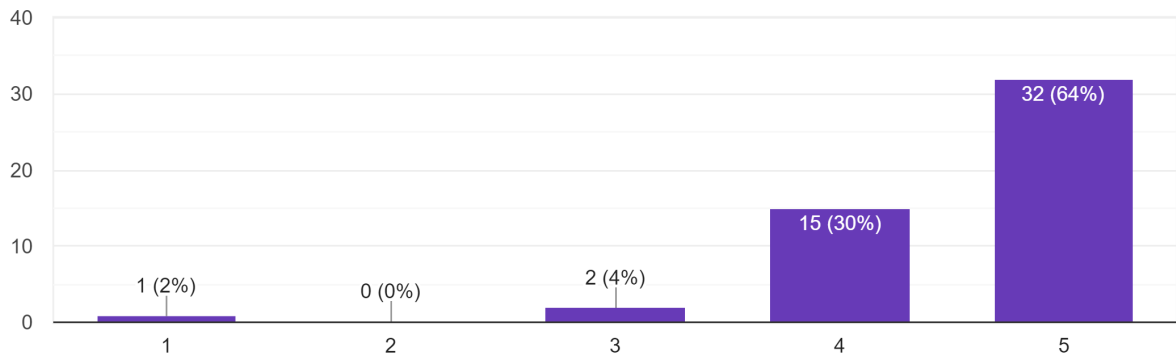
How informative was the session?

50 responses



How satisfied are you with the session's content?

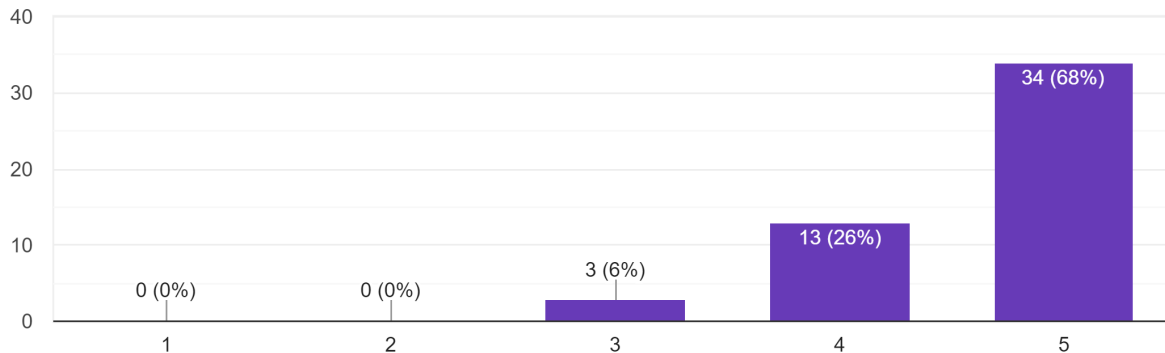
50 responses



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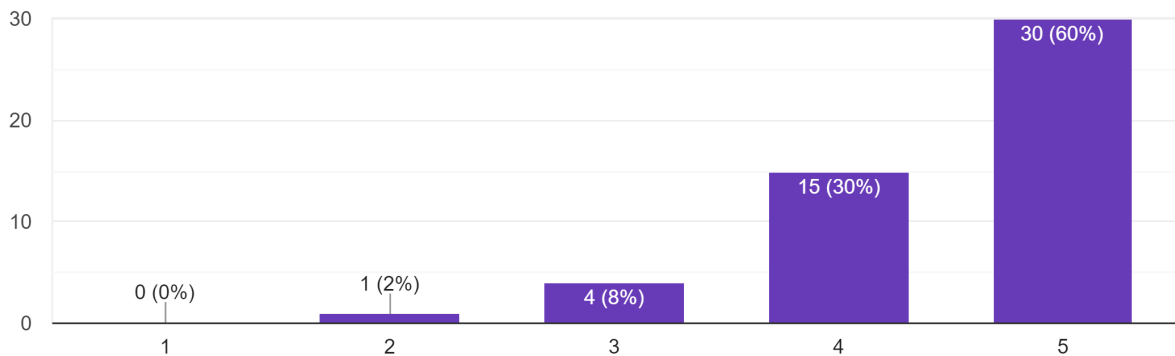
How relevant and helpful do you think the session was?

50 responses

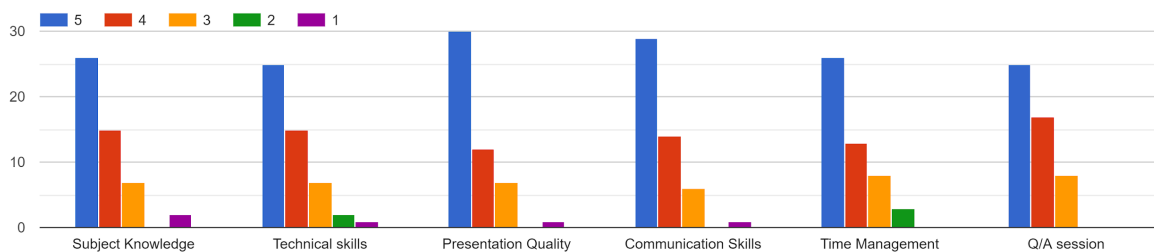


How satisfied are you with the technical aspects of online platform?

50 responses



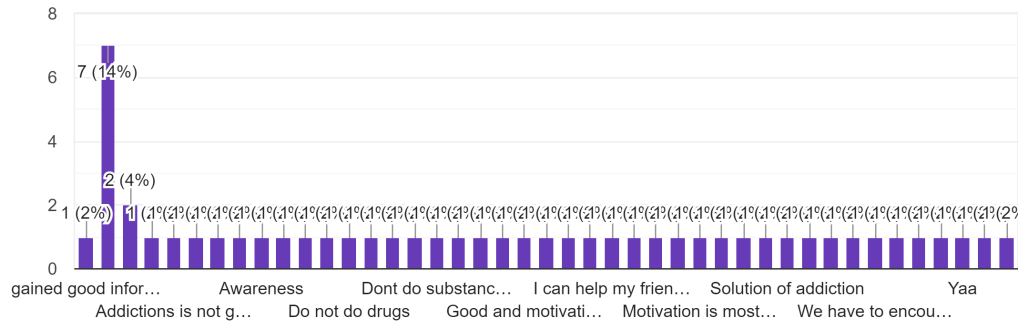
How satisfied were you with the key note speaker?



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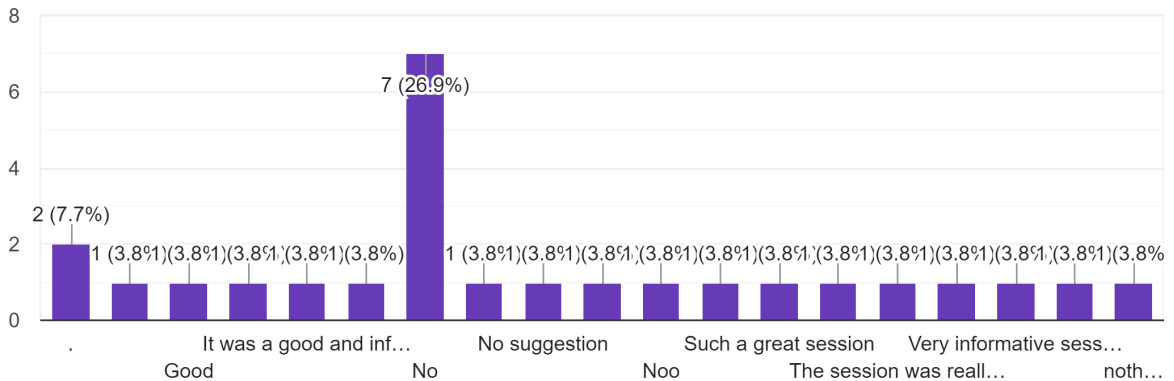
What were your key take aways from this event?

50 responses



Any other feedback and suggestions for the event?

26 responses



  
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**Action Taken Report**

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



  
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