

Powerful Gyaan: Project report 2024-25

A project of Ugravedan Foundation

A sec 8 company. 80G Reg no: AACCU9309FF20229

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Our vision:

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

Main Activities done during April 24 - March 2025:

- 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.**

We gave **61 awareness presentations on substance addiction** in this financial year. Most of these were in schools & colleges. While others were conducted at NSS camps, NGOs working with youth, shelter homes, etc.

We are keen to get to discuss this issue with students of MBBS, BAMS, BHMS, Nursing, BEd, Social work, teachers, police personnel, etc. so that they also feel inspired to do similar work. We share convincing data, answer misconceptions and discuss possible ways of working on this issue.

We gave **10 such presentations on 'How we can contribute towards decreasing the public health problem of substance addiction'** this year. A list of all the institutions where we gave presentations is appended at the end of this report.

Our psychologists Tejal and Keertisudha conduct online awareness webinars twice a month in Hindi and Marathi. Many people wanting to work on this issue or wanting to know more have attended our webinars from across the country.

We conducted **22 such webinars.**

Total presentations on substance addiction: 93

2) **Training workshops so that more people feel confident to give awareness talks on substance addiction.**

We conducted **online training workshops of 10 hrs**, spread over 4 days. Participants were given an opportunity to practice giving the talk and were given feedback on the same. We conducted 3 such workshops.

English workshop - 50 participants

Hindi workshop - 30 participants

Marathi workshop - 60 participants

We have uploaded our presentation in all 3 languages on YouTube, so that anyone giving awareness talk on this issue can refer.

1) Module 1 on various negative consequences of taking alcohol or tobacco

English: <https://youtu.be/Ua1v5a6ufXQ>

Hindi: <https://youtu.be/YLynGHOY7ql>

Marathi: <https://youtu.be/TIB2ddKTv5M>

2) Module 2 on answers to various misconceptions and how to deal with peer pressure

English: <https://youtu.be/lxw--dcdJYw>

Hindi: <https://youtu.be/5rdg-P-Nb9k>

Marathi: <https://youtu.be/XzKsEqv143Q>

3) **Life skills workshops**

It was a long cherished dream to start life skills workshops in municipal schools and we are delighted that we could start it this year. We are grateful to Mr Ramesh Chavan, Education Officer, Panvel Municipal Corporation, for giving us the opportunity to conduct life skills workshops with **VI and VII std students of 9 schools of Panvel Municipal corporation**. Besides substance addiction, other topics were:

1. How to handle bullying
2. Cultivating a healthy self esteem
3. Preventing internet addiction - learning optimal use of gadgets.
4. Healthy ways of managing our stress and emotions
5. Sex education: getting comfortable with self & respecting the other gender

Thus, **45 life skills workshops were conducted in these 9 gov. schools**

Our psychologist Tejal Khedekar conducted these workshops and got very encouraging feedback. It was a very satisfying experience to facilitate sessions for children from lower SES. They looked eager for the class. They were very happy to participate in the exercises and discuss with Tejal. Now we are excited to scale up and work in partnership with various other municipal corporations and zilla parishads across the state and country.

Besides these, we conducted 25 workshops at other schools, colleges and NGOs on various life skills topics.

4) Helpline offering free support to quit alcohol and tobacco

Our psychologists Keertisudha, Rupal and Tejal support people reaching out to us via our helpline or email. Psychiatrists Dr. Kavita Vaidya and Dr. Dharav Shah supervise them. Most people contacting us are from lower socio-economic strata. Many people who call us are family members of people who have got addicted. We counsel them on how to motivate as well as how to take care of themselves.

No. of patients supported : 55

No. of relatives supported : 62

No. of families supported : 16

(relative plus patient)

Total : 133

We understand that long term follow up is important for rising up again after lapses and for maintaining abstinence. Many people did engage with us over multiple sessions:

1 session : 58 people

2 sessions: 39 people

3 sessions: 16 people

4 sessions: 4 people

5 sessions: 4 people

6 sessions: 3 people

7 sessions: 2 people

8 sessions: 1 person

10 or more: 6 people

We recently did an evaluation of our helpline service by calling up our beneficiaries and taking their feedback. We spoke to 50 people. Out of that,

21 were currently abstinent from alcohol.

13 had reduced significantly

9 had quit for at least 2 weeks but then lapsed again

They reported feeling good about saving the money that was getting squandered on alcohol. 10 people reported saving Rs. 10,000 or more now every month.

From the relatives we spoke to during evaluation,

22 reported that talking to us made them more empathetic towards the patient

21 reported getting better clarity about treatment options available in our society.

22 reported feeling more hopeful.

18 reported decreased stress and

Out of those experiencing domestic violence, 8 reported decrease in it.

Some subjective improvements reported by our beneficiaries were as follows:

- ★ Has developed a mindset to quit addiction.
- ★ Got motivated to do something in life.
- ★ Aggression has reduced. Anger is reduced.
- ★ Activeness increased. Focus increased.
- ★ Feel more energetic, take consultation from nutritionist and improved health, started saving more.
- ★ Now he recommends other friends not to drink.
- ★ He is abstinent for significant time so earlier loving and kind personality is back.
- ★ I feel more confident
- ★ Our relationship has improved, she is happy. She helps during problems.
Problems are there but the healthy communication with wife has increased
- ★ I am coping better in stress and anxiety is reduced
- ★ Focus on kids increased. Sexual life became better.

5) **Training workshops to empower health professionals and counsellors to help people quit addictive substances.**

Workshops on 'Brief intervention to help people quit addictive substances'

Sr. No	Date	Audience	No	Facilitators
1	April 2024	16 hours online workshop spread over a month, on how to help people quit alcohol and tobacco. Participants were residents of Psychiatry and Community medicine, doctors, psychologists and social workers.	32	Dr. Dharav Dr. Nilam Gada Dr. Mayur Muthe
2	25/9/24	2 hours workshop on 'Brief Intervention to help people quit alcohol & tobacco' at "Bhartiya Vidyapeeth Medical college, Sangli. (III MBBS stds. Community medicine residents)	140	Dr. Dharav
3	18/10/24	1 hour presentation on 'Brief Intervention to help people quit alcohol & tobacco'. At 'Cognitia 2K24', a skill building conference at RCSM Medical college, Kolhapur, for MBBS students.	125	Dr. Dharav
4	4/12/24	1 hour presentation on 'Brief Intervention - what all doctors need to do' at a CME for doctors at Krishna Institute of Medical Sciences, Karad (audience: Delegates & 1st MBBS students)	200	Dr. Dharav
5	21/02/25	1 day workshop for staff and volunteers of Stree Mukti Sanghatana and Anvay Foundation	60	Dr. Dharav
6	18/03/25	1 day workshop for field workers of various NGOs, organised by Support NGO at Govandi.	70	Dr. Dharav

6) Awareness through videos & posters using power of social media

We make posters, videos and reels in English, Hindi and Marathi to take awareness to the common man. This year, we made **6 reels in English, 4 in Hindi and 2 in Marathi** discouraging youth from experimenting with addictive substances. Collectively they **reached 1,89,069 accounts and had 1825 likes on instagram while they had 5007 views and 219 likes on YouTube**

For instance, this is our reel on various modes of alcohol attributable deaths

English: <https://youtube.com/shorts/tGYE90To2tY>

Marathi: <https://youtube.com/shorts/xwbK0GKbVok>

You can check out rest of them on our **social media handles @PowerfulGyaan**

YouTube: www.youtube.com/@PowerfulGyaan/shorts

Insta: www.instagram.com/powerfulgyaan

Facebook: www.facebook.com/PowerfulGyaan

In particular we do an intensive social media campaign in the 2 weeks before 31st December during which we share around good content against alcohol use made by others and our team - encouraging youth to have fun in a healthy way.

Giving a balanced perspective to news of violent rape:

Due to the disturbing crime that happened in Kolkata last year, many women have started feeling insecure and are gripped with fear. Hence we made this video on how can we take a balanced perspective and not let the news impact our mental health too much.

English: <https://youtu.be/8lKvriTLInc> (1174 views)

Hindi: https://youtu.be/q8RuVHI_5-Q (530 views)

7) Documentary on impact perceived by people of the alcohol ban in Bihar.

Women's groups in Bihar demanded a ban on alcohol and the Bihar government accepted it in 2016. What has been the impact of it has been strongly debated by both sides. We interviewed people from 4 districts of Bihar to know the situation on ground and to learn lessons from this public health experiment. We released a short documentary on YouTube.

Documentary link: <https://youtu.be/dSkbBe-vzko> (793+318 views, 53 likes)

8) Essay and Video/ reel Competition to observe 'World No Tobacco Day'

We had observed 'World No Tobacco Day - 31st May' by conducting an essay and video/reel competition. Topic was: 'Protecting children from tobacco industry tactics'. Objective was to encourage people to put a deep thought into the seriousness of this issue and into what can be done to overcome it.

56 youth (upto XII std) and 35 adults wrote essays;

6 youth (upto XII std) and 8 adults made videos/ reels.

Prize winning essays were circulated on whatsapp

Prize winning videos/reels were uploaded on our Youtube channel @PowerfulGyaan

9) Community campaigns:

We believe that peer pressure is the reason why a lot of people start addictive substances and why a lot of people don't take them. We wish to facilitate community campaigns that would generate a positive peer pressure in poor communities, and support them in shifting to healthier ways of recreation. We made a small start towards this dream by conducting 3 group sessions in the community, wherein we discussed why and how one can quit these addictions. It was coordinated by Stree Mukti Sanghatana. .

10) Maintaining website www.poisonswelove.org that has blogs on this issue and links to useful awareness videos, documents, etc.

It is useful for people wanting to quit and for people wanting to spread awareness on this issue. The blogs can be read in Marathi, Hindi and English. Website is mobile friendly 80% of our visitors are from mobile devices. In last 1 year, utilisation of website was as follows:

Unique visitors: 1750

No of site sessions: 2437

11) Other collaborations:

- a) Had a 1 day brainstorming workshop with students of SMBT Medical college on starting a cool club, that would facilitate constructive recreational activities on campus and build a positive peer pressure - discouraging the use of addictive substances and keeping gadget addiction in check.
- b) A discussion on how to do preventive work on substance addiction and which points to focus on, with the team of project 'ICMR STAR NCD - Strengthening Ambulatory Care for NCDs in India' at Community Medicine department, AIIMS, Nagpur.
- c) A presentation on 'Relapse prevention in Substance addiction' at a conference of Psychiatrists - VPACON 2024, Nagpur

Some photos of our sessions





















Some feedbacks from school teachers about our life skills workshops

1. I really appreciated the variety of topics covered in the life skills sessions. Out of the six topics, I found the one on "Healthy ways to increase self-esteem" the most impactful. It really helped students to understand how important it is to have a positive self-image and gave them practical tools to improve their confidence. The content was so good and relatable, that I can also apply in my own life.

What I liked about the sessions is that they were not only informative but also interactive. The content was relatable, and students could apply the lessons to their life immediately. The facilitator (Tejal madam) created a comfortable environment where everyone could share their thoughts and experiences openly, which made the learning process much easier.

As for the benefits, I've definitely noticed a positive change in students. They've become more open about discussing their feelings, especially when it comes to handling stress and emotions. There seems to be more awareness around digital addiction, and students are more mindful of balancing their screen time. Additionally, the session on bullying helped them understand how to deal with such situations more effectively.

I'm really happy with what was covered, and I believe the students have gained valuable skills to help them navigate adolescence better. Thank you so much for organizing these sessions, and I'm looking forward to more in the future...

- Farhat teacher, Urdu School no 10.

2. आत्म सन्मान कसा वाढवायचा हे सत्र खूप छान होत मॅम.. मॅम तुमची लहान मुलांना समजावून सांगण्याची पद्धत खूपच छान

- Dashrath Mhatre sir, a principal of Koliwada PMC school

3. या चर्चासत्राव्दारे मुलांच्या मनात असलेले गैरसमज दूर होत झाले व लैंगिक समानतेचे महत्त्व त्यांना समजले. मुले झाणि मुली एकमेकांचा आदर करू लागले. जीवनकौशल्याच्या या सत्रांमुळे विद्यार्थ्यांमध्ये सकारात्मक बदल दिसून आला. मुले स्वतःच्या भावना, गरजा आणि मूल्यांबद्दल जागरूक झालेली दिसली

- सौ कांचन पाटील, वर्गशिक्षिका इ. ७ वी पनवेल महानगरपालिका शाळा क्रमांक 6

4. आपण सहा जीवन कौशल्यावर व्याख्यान घेतले ते अतिशय सुंदर होते मुलांना खूप आवडले मुलं त्याप्रमाणे त्यांच्यामध्ये चांगला बदल दिसून येतोय त्याबाबतीत एखादा प्रश्न आला विचारला जाते व्यवस्थित उत्तर देतायेत सायबर bullying बद्दल तर खूप छान उत्तर देतात आपल्या सर्व व्याख्यानाचा खूप चांगला परिणाम त्यांच्यावर झालेला आहे आणि त्याचा वापर विद्यार्थी करत आहेत खूप छान !!!

- Vijay V. Khatake, Teacher of D. B.. Patil Panvel Mun. Corp. school no. 1

5. वयात येताना हे सत्र किशोरवयीन मुलांसाठी अगदी योग्य आहे. शालेय शिक्षणाबरोबरच सध्या या विषयावर विद्यार्थ्यांशी संवाद साधणे हि काळाची गरज आहे. वयात येताना या सत्रामुळे मुलांच्या मनातील अनेक शंका दूर झाल्या त्यांची वयाबरोबर शरीरात होणाऱ्या बदलाविषयीची विचित्र भीती मनातून निघून गेली आणि मुलगा मुलगी यांच्यातील शारीरिक भेद आणि माणूस म्हणून असलेली समानता या दोन्ही बाबी लक्षात आल्या . Thank you

- Swati Patil , Teacher of PMC school 2

Some feedbacks from students who attended our life skills workshops

मुझे सबसे अच्छा दिदि का सिखाना लगा. बुलि से मुझे लोग बूलि करते थे और जबसे दिदि ने सिखाया तबसे कोई मुझे हात भी नहीं लगाता. - Suraj, 6th, PMC school new Panvel

आज दीदी हमारे स्कूल मे आई थी. सच मे तो मुझे भी बहोत अच्छा लगा. मुझे पेपर की टेंशन थी. दीदी ने सारी टेंशन दूरकर दी. उनने बताया की टेंशन में क्या करना चाहिए.पहले मैं जादा फोन देखती थी दीदी ने मुझे बताया की फोन से क्या क्या हो सकता है. मैंने फोन बहोत कम कर दिया. I MISS YOU DIDI. Name-Sakshi Gupta, 6th

ताणतणाव मध्ये मॅडमनी खुप चांगले शिकवलं. Soeb, 7th

मला आत्मसन्मान व bully हा विषय खूप आवडलं व टिचरानी खूप चांगल्या प्रकारे समजावलं, मला दुसऱ्यांची मदत कशी करायची हे समजल मी एका काकाना सांगीतले की तंबाखू खाऊ नये. तर त्या काकानी खालं नाही. मला खूप चांगलं वाटलं - खुशी अनिल सोनकर, ७वी

मुझे Bullyingके बारे में पढ़ा तो मेरे उपर जो लोग bullying करते थे उनका नाम टीचर को बताया और इसका फायदा भी हुआ.

दारू तंबाकू के सेशन से मेरी मम्मी का फायदा हुआ. - भावेश, 6th

मुझे Bullying नहीं करना वो मुझे सीखने मिला. - Dhruv 7th

Liked the bullying video. How to study better tips helped. Tension ani bullying baddal khup fayda zala - Ganga Pujjari, 7th

Bullying yaat mala fayda zala ki jo mala chidat hota tar mi ignore karaychi - Ananya, 7th

Digital mule mi mobile kami baghate - sanjana Koli 6th

मला पिरेडस आले म्हणून मला फायदा झाला. मला कोणीतरी त्रास द्यायचा या सेशन मधून ते थांबलं.

मला हे सहा विषय अति सुंदर वाटले. मला खूप माहिती प्राप्त झाली. मला कोणपण चिढ़वते काही न बोलत पुढे जातें. मी आजुबाजूच्या बायकांना सांगितली का जर तुम्हांला कोणीही मारत असले तर तुम्ही या नंबरवर फोन कर. जेव्हा मुलींना पाळी येते तेव्हा त्यांना माहिती नसते तर या टीचरांनी हे विषय आणि सगळे मुलीला खूप फायदा झाला. धन्यवाद टिचर - रुचि प्रजापति

आज पर्यंत मी इतक खूश कधीही नाहि झालो मला या Topick मध्ये शांत चीताचा फायदा झाला मीनी खूप छान अनुभव केला. (फीडबॅक for stress management session) Name- Jay Std-7th

मला बोलायला आवडल. Bullying कोनाला करायच नाही तंबाखु ला हात का लावायच नाही.

Mala 6 sessions khup chaan and anandi vatale - Aaradhya, 6th

इसे मुझे बहुत सीखने मिला. मुझे समज आया की जब tension आए तो कोनसे तरीके का युज किया जाता है.

Feedback from a doctor who participated in our training

The workshop provides the wonderful opportunity to learn about substance use and how to tackle the menace of it. It sensitized me about the heavy burden of substance use in society and served as a motivation to work for the cause. The workshop is helpful in my residency and helped in treatment of my patients.

- Dr. Ashutosh Goyal, Psychiatry resident.

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. Thanks to aggressive marketing and western influence, the social acceptance of alcohol use is increasing rapidly in our society. We believe it is a critical time in our cultural history wherein all of us need to act urgently; or else our culture of abstinence will be lost. Damage done will be difficult to reverse later.

Why do we conduct workshops on other life-skills as well ?

Our society owes it to all children that we provide them adequate nurturance. Also the future of our society depends on them. What do they do with their energy depends on how constructive were the inputs that society gave them. Many children from lower socio economic strata don't receive good quality mentoring; but they have to face tougher challenges compared to other children. The least we can do is to empower them with good life skills. This will increase their ability to handle challenges creatively and lead an addiction free lifestyle.

We are extremely grateful to all our donors who have made this work possible

(24/03/2024 - 26/0/25)

Those who donated Rs.5000 or more	
Dr. Amit Nulkar	5000
Dr. Kapil Jhamnani	5000
Shubham Khetan	20,000
Dr. Usha Yadav Marathe	25,000
Dr. Dharav Sunil Shah	1,25,000
Dr. Tejashree Bhor	45,000
Dr. Judah Pereira	5,000
Sarfaraznawaz and Mili Kazi	50,000
Prasanna and Pratiba Tupe	20,000
Rakhma Hema Shrikant & Neetigya Ray Nagori	20,000
Dr. V.N. Bagadia Foundation	50,000
Others who gave their valuable contribution	
Dr. Rashmi Agrawal	
Rupal Tanna	
Bindu Kulkarni	
Dr. Madhura Deshpande	
Dr. Ayushya Kumar Arya	

Our sincere gratitude to our friends Mr. Ramesh Chavan, Dr. Kavita Vaidya, Dr. Priya Deshpande, Dr. Amol Dongre, Dr. Ajish Mangot, Dr. Meghana Murthy, Dr. Girish Dhumale, Dr. Ajit Magdum, Dr. Meenal Mahagaonkar, Ms. Kavita Gadhade, Dr. Axita Vani, Ms. Meenakshi Alawani, Mr. Deepak Bhosale, Ms. Uma Vaidyanathan, Dr. Abha Bang Soni, Dr. Sushil Gawande, Dr. Pawan Khot, Dr. Reshma Shah and all our well wishers for sharing this dream of an addiction free, healthy, happy & powerful society.

We spent money on the following:

Staff remuneration		
	Monthly remuneration	Total
3 Psychologists	10,000 to 30,000 depending on time contributed	5,56,632
IT manager	3000	36,000
Other Expenses		
Prize money for essay and video/reel competition	1st: 3000x4 2nd: 2000x4 3rd: 1000x4	24,000
Books sent to 4th prize winners	15 books and courier-	4982
Honorarium to external resource personnel for training workshop		3250
Designer	Reels, poster, thumbnail	5000
Awareness talks by Mr Benefar Dongardive	500 per awareness talk	1000
CA, CS and government compliances		38,450
Portable mike		2760
Helpline number recharges		1722
Travel reimbursement		473
	Total	6,74,269

We request donations and volunteer support

We are encouraged by a very satisfying experience of conducting life skills workshops at Panvel Municipal Corporation schools. We now intend to involve more psychologists/ social workers and conduct these workshops for schools of at least 5 more Municipal corporations or Zilla Parishads. We would give honorarium of Rs. 750 per presentation. Targeting 300 workshops, the estimated budget for this is Rs. 2,25,000

Tejal Khedekar is continuing with us full time and our second fellow Ms Pradnya Vasave is going to work part time. Budget for their remuneration is Rs. 5,40,000

We intend to continue supporting people who are addicted and their family members who call on our helpline. For 2 part time psychologists the budget is Rs. 3,60,000

Total: 11,25,000

We are planning to seek support from corporates and Funding agencies. But till then, we are banking on small donations from people who share our dream. Any amount is welcome. If you are paying tax as per the old regime and would like to have 80G exemption, you can donate after April 2025. We are expecting to get our 80G certification by then.

Our Bank details:

Ugravedan Foundation

IDFC First Bank

Account No: 10079978687

IFSC code: IDFB0040115

TASC Savings Account

UPI handle: UVF.03@cmsidfc



After donating, kindly provide your basic information by filling up this google form, for mandatory documentation & issuing a receipt. <https://forms.gle/a56hMbA5Xy3ySaqf9>

Different ways to join hands with us:

- 1) If you are a psychologist/ social worker/ housewife/ freelance professional and would like to conduct life skills workshops in schools & colleges around you, you can get trained for the same. We will give a honorarium on a per session basis.

- 2) You can help us in dissemination of the awareness videos/ posters by sharing them intermittently with your contacts. They are on our handles @powerfulgyaan & @PoisonsWeLove To subscribe to our whatsapp number, just send a message on 81493 63854.
- 3) When many people start openly speaking on this issue in their social interactions, drinking this addictive poison will lose the social acceptance it has gained. We need not force. But respectfully recommending youth to stay away from addictions is our responsibility.
- 4) If you are associated with academic institutions, you can help us get permissions for our workshops. You can also share with your students good online videos/posters/memes/etc. on this issue. Can show some of them during assembly or share on whatsapp at regular intervals, to keep reinforcing the message.
- 5) You can donate. You can recommend our organisation when your friends are thinking of donating/ introduce us to potential donors.
- 6) To counter misleading marketing by industry and to give youngsters a true picture of the consequences of substance use, you can make a short video about what impact of alcohol/ tobacco use you have seen in the lives of people around you. We will upload that on our social media handles.
- 7) If you would like to work with us or volunteer with us in any other way, please do let us know.

We would love to partner with NGOs working in field areas for

- 1) Training their doctors/ counsellors/ volunteers in how to support people for quitting alcohol or tobacco
- 2) Training their volunteers for conducting awareness programmes on addictive substances
- 3) Training their health workers in breast feeding skills so that they can support mothers better.

Waiting to hear from you

powerfulgyaan@gmail.com 81493 63854

dhavarvshah@gmail.com 80977 16061

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 for more than 16 yrs. He gives half his working time for awareness work. He has given more than 450 presentations on substance addiction, including at 62 medical colleges. 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 captured her journey in her book 'A Doctor's experiments in Bihar'. She has extensively worked on improving breastfeeding awareness & skills, conducting more than 50 workshops across the country empowering more than 6500 mothers & health workers. Now she focuses on running a programme for a sexual disorder which many couples suffer silently for many years, called Vaginismus. She provides strategic inputs to the organisation.

Ms. Tejal Khedekar - Psychologist

She is our 1st fellow and we are proud of her. She has given 116 awareness presentations on substance addiction since she has joined us and has conducted 67 workshops on various life skills. She also counsels people calling on our helpline, makes reels, and lends her energy to almost everything we do at Ugravedan. She is also an active volunteer of Andhashraddha Nirmulan Samiti.

Ms. Kirtisudha Rajput - Rehabilitation Psychologist

She is a senior psychologist who has been passionately working for improving mental health service delivery and also has rich experience of life skills education. She was a faculty at 'National Institute for the Mentally Handicapped' for many years. She manages the helpline and also gives presentations on substance addiction and other life-skills.

Ms Rupal Tanna - Psychologist

She is a psychologist and a meditation teacher with a passion to serve the society. She counsels people calling on our helpline

Ms Pradnya Vasave - Social Worker

She has done her master in social work from TISS Guwahati and is passionate about making a difference in the lives of women and children. She has joined the team in March 2024 and is going to start conducting life skills workshops in Alibag taluka of Maharashtra.

Dr. Kavita Vaidya - Psychiatrist

She is a senior psychiatrist working in Navi Mumbai with a very rich experience of helping people quit addictive substances. She has also given many awareness talks on various mental health issues in schools, colleges and various other organisations. She supervises the psychologists who counsel people calling on our helpline.

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 currently managing a hospital in the tribal area of Melghat. He is also an active member of Andhashraddha Nirmulan Samiti. He takes out time from his busy schedule and contributes towards strategic planning, establishing partnerships, handling website and managing our data.

Dr. Rohit Badgujar - Designer

He is a dentist but has a very creative spark and a passion to contribute constructively to society. He does designing for our important posters and reels.

List of life skills workshops

Besides the workshops on 6 topics at 9 schools of Panvel Municipal Corporation as described above, following 25 life skills workshops were conducted

No	Date	Place and audience	Topic	No of people	Presentor
1	5-8-24	CKT Junior College , New panvel 12th Commerce Girls	Sexuality Education	90	Tejal
2	5-8-24	CKT Junior College , New panvel 12th (2 classes)	Relationships	100	Tejal
3	13-8-24	Bright Future Turbhe	Self Esteem	27	Tejal

4	2-9-24	MIT Academy of Engineering, Alandi, Pune, Induction Programme for FYBTEch students.Webinar	Physical and Digital Harassment and safety	120	Dharav
5	3-9-24	Bharti Vidyapeeth college of pharmacy, Belapur SY students	Sexuality Education, What is love and not love, violence	120	Tejal
6	4-9-24	Ramchandra Mhatre Vidyalyaya 9th std	Sexuality Education, What is love and not love, violence	100	Tejal
7	18-9-24	New english school, Tatkare, Kalamboli	Sexuality Education, What is love and not love, violence - for girls safety	300	Tejal
8	11-10-24	FY of commerce and arts , KMC college Khopoli	Sexuality Education, What is love and not love, violence	90	Tejal
9	11-10-24	KMC Junior college of Arts, Khopoli	Sexuality Education, What is love and not love, violence	55	Tejal
10	20-10-24	Swapnalay Girls shelter home, Panvel	Sexuality Education, What is love and not love, violence	25	Tejal
11	1-12-24	Lonavala ISC Balgram	How to handle bullying & healthy ways to cultivate self esteem	48	Tejal
12	7-12-24	Fatima High school Sewri - girls of 7th and 8th	Menstruation and hygiene	55	Tejal
13	7-12-24	Bright Future Turbhe	Wellbeing and mental health	32	Tejal
14	18-12-24	Goverment B.ed college Panvel	Sexuality Education, What is love and not love, violence	31	Tejal
15	19-12-24	MC Mehta school of girls 9th std kalachauki at Nere	How to cultivate healthy self esteem	40	Tejal
16	22-12-24	Community at Thakkar Colony Kurla	general mental health		Tejal
17	24-12-24	Dnyaneshwar vidyamandir gautamnagar govandi	Bullying and peer pressure	23	Tejal
18	10-1-25	Field workers / MSW people of Saad foundation	Menstruation and hygiene	17	Tejal

19	26-1-25	Women of Jyotirlinga Nagar , Mankhurd	Mental health and wellbeing	25	Tejal
20	26-2-25	Online workshop	How to handle bullying	148+	Tejal
21	5-2-2025	First Step School, Jakkur, Bangalore	Digital Wellbeing	80	Keerti
22	1-3-2025	Political science students of A.M college Hadapsar (Bachelors)	Sexuality Education	48	Tejal
23	29-03-25	Balgram, Lonavala. 9th and 10th grade children	Digital addiction	20	Tejal
24	29-03-25	Balgram, Lonavala. 9th and 10th grade children	Stress management	20	Tejal
25	30-03-25	Political science students of A.M college Hadapsar (Masters)	Sexuality Education	25	Tejal

List of awareness presentations on Substance addiction

No	Date	Place and audience	No of people	Presenter
1	21/4/24	19th Sahas Shibir by Andhashraddha Nirmoolan Samiti, Bhanghar - 4th-12th	47	Tejal
2	4/5/24	Bright Future Turbhe	20	Tejal
3	4/5/24	Bright Future Turbhe	10	Tejal
4	10/5/24	Tata strive Skill development centre, Thane	52	Tejal
5	14/5/24	Tata strive Skill development centre, Airoli	67	Tejal
6	15/5/24	Tata strive Skill development centre, Taloja	55	Tejal
7	30/5/24	Vision rescue foundation, Mandala - Mankhurd	50	Tejal
8	4/7/24	Banthyia secondary Marathi medium high school, New Panvel 9th and 10th	400	Tejal
9	4/7/24	Banthyia secondary Marathi medium high school, New Panvel 9th and 8th	400	Tejal
10	5/7/24	Shatabdi Sohala High BMC School, Tilak Nagar 8th std	128	Tejal

11	5/7/24	Pant Walawalkar School, Kurla 10th Std	130	Tejal
12	16-7-24	Government Ashram school, Dongar pada, Karjat - 9th 10th and 11th students	165	Tejal
13	16-7-24	Government Ashram school, Chafewadi, Karjat - 7th to 10th	200	Tejal
14	28/8/24	D.G Tatkare Junior College, Kalamboli (girls)	140	Tejal
15	28/8/24	D.G Tatkare Marathi Medium School, Kalamboli 8th students	150	Tejal
16	29/8/24	D.G Tatkare Junior College, Kalamboli (boys)	150	Tejal
17	29/8/24	MIT Academy of Engineering, Alandi, Pune, Webinar. Induction Programme for FYBTech students	50	Dharav
18	30/8/24	Vasudev Balwant Fadake school - 8th to 10th Marathi medium	250	Tejal
19	31/8/24	Hindmata Vidyalaya, Digha	348	Tejal
20	3/9/24	DLLE students of Shetkari Shikshan Sanstha senior college of economics and commerce, Ghansoli	60	Tejal
21	20/9/24	Ramsheth Thakur senior college of science and commerce, Kharghar	50	Tejal
22	24/9/24	Bharti Vidyapeeth senior college NSS unit of BMS, Kharghar	100	Tejal
23	27/9/24	Bhonsale Knowledge City, Sawantwadi. 1st year Diploma Engineering all fields 3rd year Mechanical Engineering diploma	350	Dharav
24	4/10/24	Janata vidyamandir high school, Ajivali 10th A and B	100	Tejal
25	7/11/24	Tata strive skill development centre, Taloja	35	Tejal

26	14/11/24	Children, adolescents and women of Jeevan dhara organisation, Cheetah camp community	94	Tejal
27	16/11/24	ISC Balgram ,Lonavala 7th -10th std	50	Tejal
28	18/11/24	Bright Future ,Govandi	22	Tejal
29	25/11/24	Children from 4th to 10th std from 3 community centres at Laxmibai udyan , Thergaon	35	Tejal
30	25/11/24	4th to 10th std Children of brick maker community in Maan , Pune	48	Tejal
31	25/11/25	Children, women and men of Ravet brick maker community , Pune	25	Tejal
32	30-11-24	Gowari School , Kamothe- 6th to 12 th	30	Tejal
33	30-11-24	Samparc Balgram, Poynad - 5th to 12th	37	Tejal
34	3-12-24	Urdu PMC school, Panvel - 6th and 7th	70	Tejal
35	3-12-24	Koliwada PMC school - 6th and 7th	31	Tejal
36	3-12-24	VIII to XII std. students of Sahyadri School of Krishnamurti Foundation	200	Dharav
37	4-12-24	Hirve Guruji PMC School near old post office panvel - 6th and 7th	36	Tejal
38	4-12-24	Gujrati PMC school - 6th and 7th	50	Tejal
39	4-12-24	Balvikas School Dadar- camp at Nere	81	Tejal
40	5-12-24	DiBa Patil pmc school - 6th 7th	65	Tejal
41	5-12-24	Takka Gaon pmc school - 6th 7th	32	Tejal
42	7-12-24	Seva Sadan High School, Nagpur. 9th	50	Benefar
43	8-12-24	Nagpur - 9th standard	80	Tejal

44	9-12-24	Ganesh Vidyamandir Chota Khanda Pmc school 3 divisions of 6th 7th	65	Tejal
45	9-12-24	Motha Khanda pmc school 6th 7th	45	Tejal
46	9-12-24	Savitribai Phule Podi pmc school new panvel	52	Tejal
47	11-12-24	Parents of dhakta khanda school - shree ganesh vidyamandir	47	Tejal
48	13-12-24	Grade 9 th and 10th - Matoshree Vidyamandir mankhurd, camp at nere	110	Tejal
49	21-12-24	Seva Sadan High School, Nagpur. 8th	50	Benefar
50	21-12-24	Terna engineering college nss students and villagers	80	Tejal
51	26-12-24	Rajiv Gandhi college of arts science and commerce	100	Tejal
52	30-12-24	Shield foundation, Dharavi	21	Tejal
53	17-1-25	Shield foundation, Mankhurd	15	Tejal
54	18-1-25	NSS students of ASC college Panvel - 11th std, FY and SY	120	Tejal
55	21-1-25	Bengali education Society's high school Dadar- 7th std	75	Tejal
56	24-1-25	Bengali education Society's high school Dadar- 8th std	155	Tejal
57	08-02-25	Wakdi Ashramshala, Nere 8th 9th std	60	Tejal
58	5-10-2024	Zilha Parishad Girl's High School, Amravati	60	Keerti
59	2-3-2025	Political science students of A.M college Hadapsar (Bachelors)	48	Tejal
60	25-3-25	KBP College Vashi FY students	95	Tejal
61	30-3-2025	Political science students of A.M college Hadapsar (Masters)	25	Tejal

List of presentations on ‘How we can contribute towards decreasing the public health problem of substance addiction’

No	Date	Place and audience	No of people	Presentor
1	12/8/24	Teachers of Secondary High school from Raigad district - Panvel	15	Tejal
2	14/6/24	NKP Salve Institute of Medical Sciences, Nagpur. MBBS students posted in Psychiatry	40	Dharav
3	24/9/24	D.K. Shinde School of Social Work, CSIBER Institute, Kolhapur. MSW 1st year students	50	Dharav
4	24/9/24	D.K. Shinde School of Social Work, CSIBER Institute, Kolhapur. MSW 2st year (Medicine & Psychiatry) stds.	25	Dharav
5	27/9/24	Government Nursing College, Oros, Sindhudurg.	170	Dharav
6	28/9/24	Bhaisaheb Sawant Ayurved Mahavidyalaya, Sawantwadi	120	Dharav
7	19/10/24	During Oath Taking ceremony of 1st yr MBBS students of KIMS, Karad	200	Dharav
8	3/12/24	XI Std. students of Sahyadri School of Krishnamurti Foundation, who were planning an awareness campaign in nearby community.	50	Dharav
9	20/12/24	Vispute Nursing college, Vichumbe Panvel	29	Tejal
10	31-1-25	ST college B.ed college, Mumbai - FY and SY students	65	Tejal

Impact of our presentations on substance addiction:

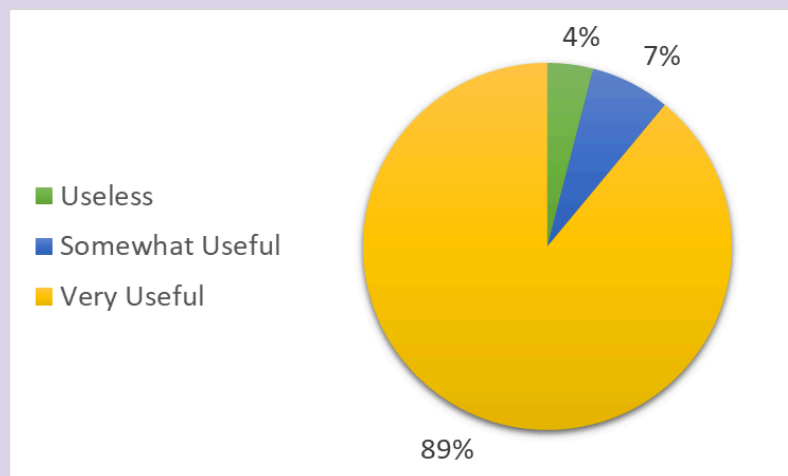
In 8 medical colleges and 2 nursing colleges where we had given the presentation, students were given a pre and post presentation questionnaire to evaluate the impact.

Number of students who filled an online Baseline questionnaire - 1100

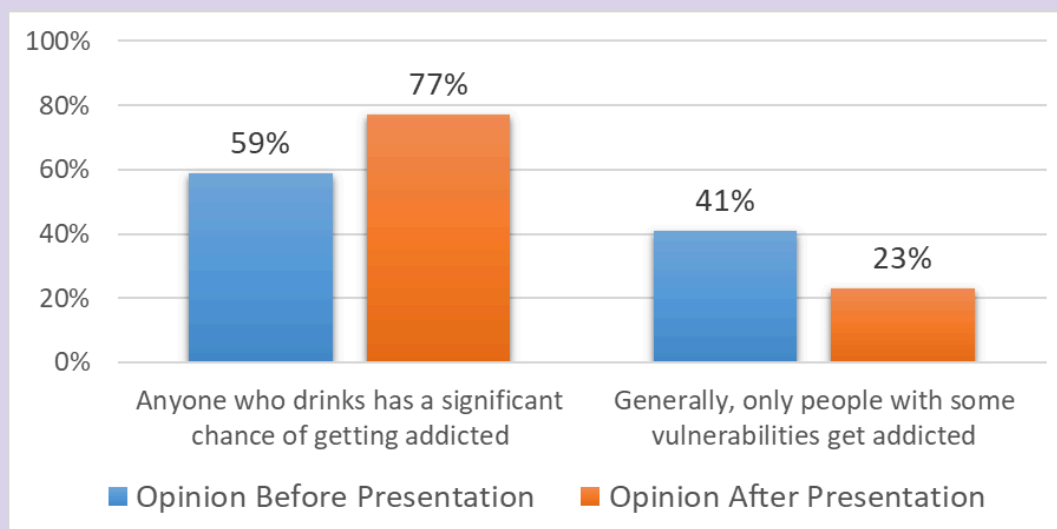
Gender: Males: 554 Females: 546

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

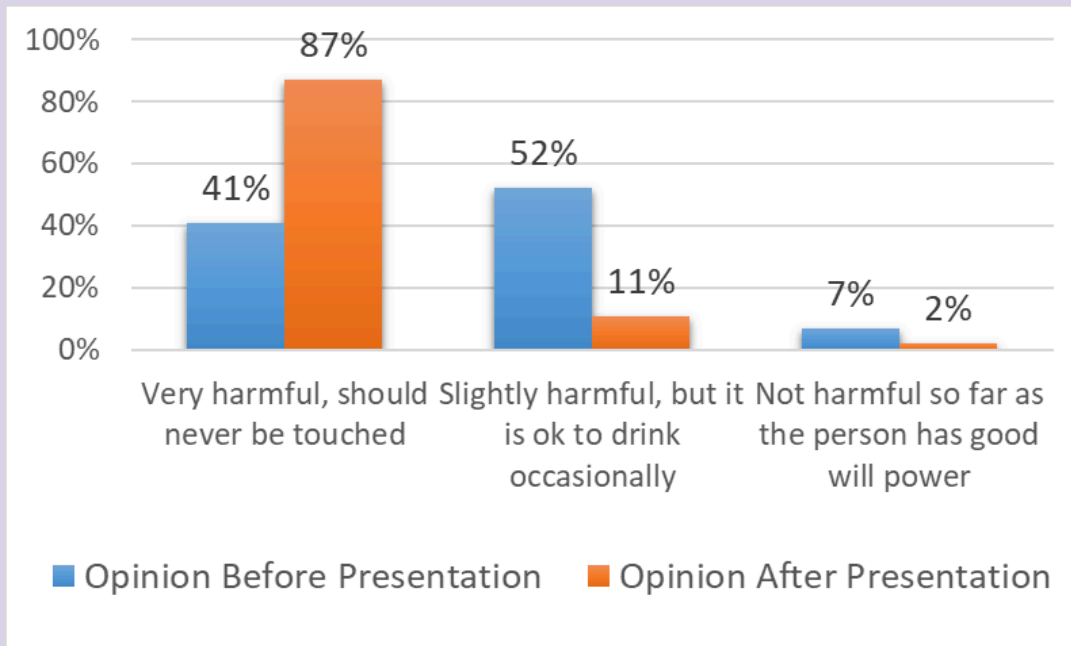
1. How useful was the presentation?



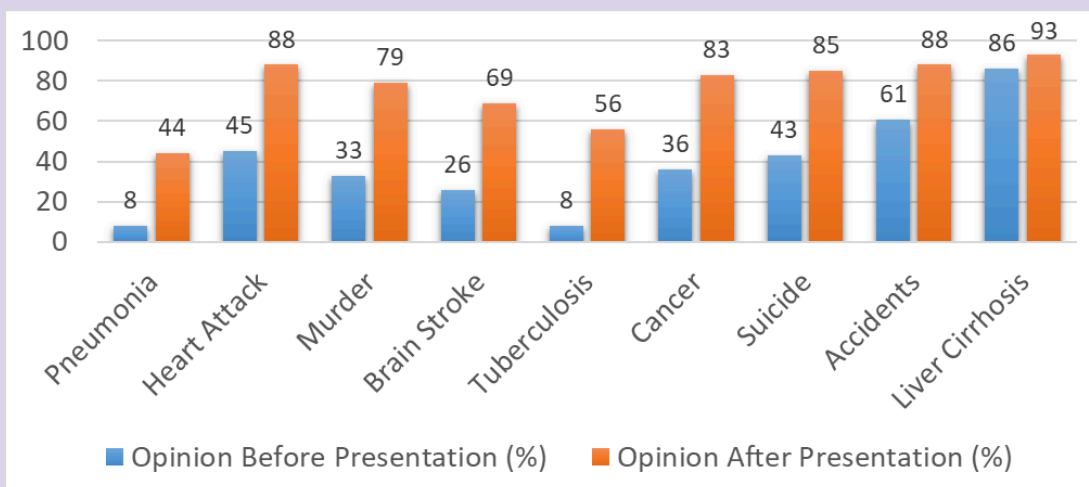
2. Who generally becomes addicted to alcohol?



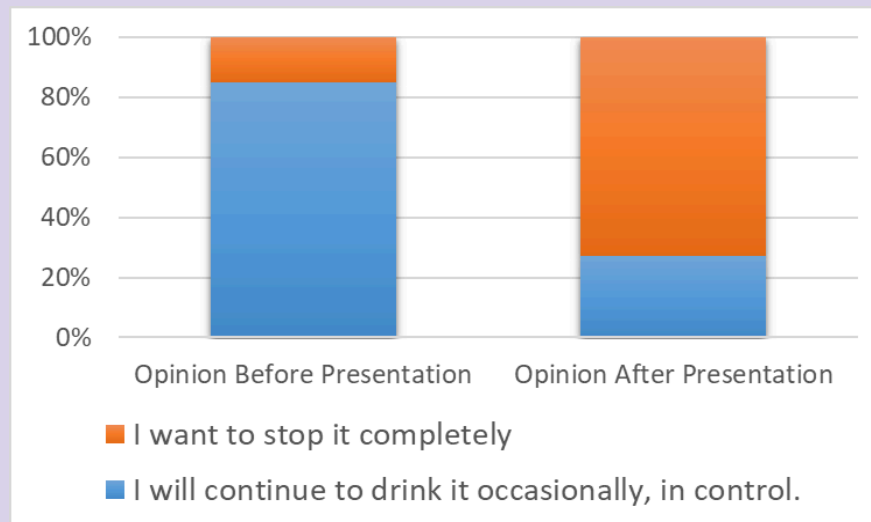
3. How harmful is it to drink alcohol?



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?

