

Project report of Ugravedan Foundation

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A) Activities done April 2022 to March 2023

No	Activity with date		Money spent
1	29 presentations to empower community with adequate knowledge about alcohol, tobacco & cannabis. Remuneration of presenter Dr. Dharav Shah Mr. Benefar Dongardive Travel of Mr Benefar Life skills training workshop fee for Mr Benefar	Voluntary 31,415 6278 1000	38,693
2	Helpline to support people in quitting alcohol and tobacco; and to provide emotional support to their family members (12 months) Counsellor remuneration Akshita Benefar Arun Meenakshi	 26000 31415 7600 21818	86,833
3	Spreading awareness via social media posters and videos. (12 months) Remuneration of Project manager and social media coordinator Mr Suyash Toshniwal. He also helped with public liaison and overall co-ordination of various activities of organisation (10,000 x 12 months)	 1,20,000	1,20,000

3	Maintaining awareness website www.poisonswelove.org Website hosting and domain fee	6354	6,354
5	Trainings of professionals and social workers in 'Brief Intervention' and counselling skills for helping people quit alcohol or tobacco Dr Dharav Shah	Voluntary	0
6	Online workshops (6 hours) for volunteers wishing to contribute towards prevention of substance use. (November 2022) Remuneration of facilitators Dr Dharav Shah Dr. Rohan Bartake.	Voluntary 1000	1000
7	Campaign of online posters during World breast feeding awareness week (August 1-7, 2022) Cost of Designer for slide decks on 10 sub-topics Marketing cost	15,000 5000	20,000
8	A documentary film on a village 'Pargaon' where villagers have successfully overcome the alcohol problem since 25 years. 1st shoot Translation for subtitles (Total cost of documentary: 66900 Remaining given in next financial year)	10000 4400	14400

B) Activities done April 2023 to March 2024

No	Activity and date		Money spent
1	<p>63 presentations (53 presentations to empower the youth community with adequate knowledge about alcohol, tobacco & cannabis.</p> <p>4 on 'How we can contribute towards decreasing the public health problem of substance addiction'</p> <p>6 webinars)</p> <p>Remuneration of presenter Dr. Dharav Shah</p> <p>Mr. Tejal (50% of her time) (11,000 x 6)</p> <p>Dr. Rohan (2 talks)</p> <p>Benefar (3 talks)</p>	<p>Voluntary</p> <p>60,000</p> <p>2,250</p> <p>1,500</p>	63,750
2	<p>Helpline to support people in quitting alcohol and tobacco; and to provide emotional support to their family members (9 months) (April-June 2023; Oct 23- March 2024)</p> <p>Counsellor remuneration Meenakshi (3 months)</p> <p>Tejal (25% of her time) (5500 x 6)</p>	<p>14,321</p> <p>32,500</p>	46,821
3	<p>Spreading awareness via social media posters & videos, and overall coordination of activities. (12 months)</p> <p>Remuneration of Project manager and social media coordinator Mr Suyash Toshniwal. He also helped with public liaison and overall co-ordination of various activities of organisation (8000 x 7 months)</p> <p>Ms Tejal Khedekar (5 months) (25% of her time) (5500 x 5)</p>	<p>50,500</p> <p>27,500</p>	78,000

4	Maintaining awareness website www.poisonswelove.org and data management Mr. Suyash Toshniwal (3000 x 12)	36000	36000
5	Online 20 hrs trainings of professionals and social workers in 'Brief Intervention' and counselling skills for helping people quit alcohol or tobacco (3-18 Feb, 2024) Dr Dharav Shah Dr. Rohan Bartake. Dr. Mayur Muthe	Voluntary 2000 1250	3250
6	Online workshops (6 hours) for volunteers wishing to contribute towards prevention of substance use. (September 2023) Remuneration of facilitators Dr Dharav Shah Dr. Rohan Bartake.	Voluntary 1640	1,640
7	Competition for posters and reels on various health issues (October 2023). Prizes given to 20 winners	27000	27,000
8	A documentary film on a village 'Pargaon' where villagers have successfully overcome the alcohol problem since 25 years. Shooting and editing Designer for slides and thumbnail (14,400 spent previous year. Total: 66900)	47500 5000	52,500
9	Documentary on impact of the alcohol ban, perceived by people of Bihar. Cameraman fee Cameraman travel Editing: Dr Dharav	3500 4270 Voluntary	7,770

C) Activities done April 2024 to March 2025

No	Activity and date		Money spent
1	<p>159 presentations</p> <p>(61 presentations to empower the youth community with adequate knowledge about alcohol, tobacco & cannabis.</p> <p>10 on 'How we can contribute towards decreasing the public health problem of substance addiction'</p> <p>70 on other life skills</p> <p>18 webinars)</p> <p>Remuneration of presenters</p> <p>Dr. Dharav Shah</p> <p>Ms. Tejal (50% of her time) (12,500 x 12)</p> <p>Ms Keertisudha (10% of her time) 2000x12</p> <p>Benefar (2 talks)</p> <p>Portable mike</p> <p>Travel Reimbursement</p>	<p>Voluntary</p> <p>1,49,682</p> <p>19,636</p> <p>1,000</p> <p>2,760</p> <p>473</p>	1,73,551
2	<p>Helpline to support people in quitting alcohol and tobacco; and to provide emotional support to their family members (12 months)</p> <p>Counsellor remuneration</p> <p>Ms Keertisudha (18,000 x12) (90% of her time)</p> <p>Ms Tejal (6250 x 12) (25% of her time)</p> <p>Ms Rupal Tanna (10,000 x 7)</p> <p>Helpline number recharges</p>	<p>1,76,725</p> <p>74,841</p> <p>53,634</p> <p>1,722</p>	3,06,922

3	Spreading awareness via social media posters & videos, and overall coordination of various activities of organisation (12 months) Ms Tejal Khedekar (6250 x 12) (25% of her time) Designer for reels/ posters/ thumbnail	74,841 5000	79,841
4	Maintaining awareness website www.poisonswelove.org and data management Mr. Suyash Toshniwal (3000 x 12)	36000	36000
5	Online 20 hrs trainings of professionals and social workers in 'Brief Intervention' and counselling skills for helping people quit alcohol or tobacco (1-26 May, 2024) Dr Dharav Shah Dr. Nilam Gada Dr. Mayur Muthe	Voluntary 2000 1250	3250
6	3 Online workshops (10 hours each) for volunteers wishing to contribute towards prevention of substance use. Remuneration of facilitators Dr Dharav Shah	Voluntary	0
7	Essay and video Competition for 'World No Tobacco Day' Cash prizes (12 winners) Book prizes (15 books & courier)	24,000 4,982	28,982