



Smt. Garoj R. Dhumane - Founder Chairman
Kalpataru Samajwani Mitra Mandal's

DHANVANTARI HOMOEOPATHIC MEDICAL COLLEGE AND HOSPITAL & RESEARCH CENTRE

Accredited by NAAC with 'B' Grade

Recognised by - Govt. of Maharashtra & NCH, New Delhi & Affiliated to - MUHS, Nashik
Website: dhanvantaribhms.org | E-mail: dhanvantaricollege@yahoo.com | Reg. No. F-3116



Address: Dhanvantari Campus, Kamatwade, Cidco, Nashik - 422008 ☎ 0253-2377103, 2393748

Date: 15/10/2026

NOTICE

Subject: Seminar on "Mukhyamantri Arogya Samvad" - Health Awareness Campaign.

This is to inform all students that a seminar under the "Mukhyamantri Arogya Samvad" Health Awareness Campaign will be conducted today, 16th October 2026, as per the following schedule:

1st & 4th Year: 11:00 AM - 12:00 PM

2nd & 3th Year: 2:00 PM - 3:00 PM

The seminar will cover important topics related to

- Say NO to Drugs
- Mental health
- Healthy lifestyle
- Youth empowerment, and
- Nation-building.

About the Speakers : 1st yr : Dr. Rupali Shimpi

2nd yr : Dr. Yogini Mahajan

3rd yr: Dr. Abhishek Pagare

4th yr: Dr. Manisha Patil

IQAC Co-ordinator : Dr. Sanhita Sharma

Along with Interns : Achal Jain, Akanksha Jaiswar, Gaurav Jagtap

Attendance is mandatory for all students. Everyone is instructed to be present at the scheduled time without fail.

Dr. Abhishek Pagare

NSS Co-ordinator

Dr. Sanhita Sharma

IQAC Co-ordinator

Dhanvantari Homoeopathic Medical College
and Hospital & Research Centre
Nashik

Dr. Umesh Nagarkar

PRINCIPAL

Dhanvantari Homoeopathic Medical College
and Hospital & Research Centre
Nashik



Smt. SarojR. Dhumane – Founder Chairman

Kalpataru Samajseva Mitra Mandal's

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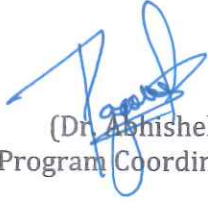


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Event / Guest Seminar Report

Date: 17/10/26

Particulars	Details
Title of the Event	Maharashtra Arogya Samvad : Health Awareness Campaign
Date & Time	16/10/26
Venue	Final Year Classroom
Program approved by	Dr. Umesh B. Nagarkar
Program Coordinator	Dr. Sanhita Sharma
Program in coordination with	NSS – NSS Coordinator Dr. Abhishek Pagare
Participants	1 st to 4 th year & Interns
Objective of the Program	To create awareness about the harmful effects of drug abuse, the importance of mental health, healthy lifestyle practices, youth empowerment, and the role of responsible youth in nation building.
About The Speaker	Dr. Rupali Shimpi :HOD and Associate Professor of Organon of Medicine Dr. Yogini Mahajan : Assistant Professor of FMT Dr. Abhishek Pagare : Associate Professor of Homeopathy Repertory Dr. M.A. Patil : Assistant Professor of Pathology & Microbiology
Highlight	It highlighted the harmful effects of drug abuse, global and national drug-use statistics, the consequences of dangerous substances, and five key themes: Nashamukti, Manasik Arogya, Nirogi Jeevanshaili, Yuvashakti, and Viksit Bharat and oath taken by students.
Interaction / Q&A	Students were encouraged to participate in discussions & clarify their queries regarding drug abuse, mental health, healthy habits, & responsible youth behaviour
Outcome of the Program	Students gained awareness about the harmful effects of substance abuse, the importance of mental well-being and healthy habits, and their role in building a healthy, responsible, and developed nation.
Feedback form	Yes
Photographs	YES


(Dr. Abhishek Pagare)
Program Coordinator


(Dr. Sanhita Sharma)
IQAC coordinator


(Dr. Umesh B. Nagarkar
Principal

IQAC Co-ordinator
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and Hospital & Research Centre,
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STUDENT ATTENDANCE SHEET

Academic Year: 2026-27 BHMS - I / II / III / IV

Name of Lecturer : Dr. Shimpri Rupali Subject: _____ Theory / Practical / Clinical

Date: 16/10/26 Day: Friday Time: 11-12 Capacity of Class: 38 Present _____ Absent: _____

Roll No.	Signature of Student	Roll No.	Signature of Student	Roll No.	Signature of Student
1	<u>M. D. D. D.</u>	18	<u>Shankar</u>	35	<u>Shankar</u>
2	<u>Preeti</u>	19	<u>Shankar</u>	36	<u>Shankar</u>
3	<u>S. D. D.</u>	20	<u>Shankar</u>	37	<u>Shankar</u>
4	<u>Shankar</u>	21	<u>Shankar</u>	38	<u>Shankar</u>
5	<u>R. N. DHONNAR</u>	22	<u>Shankar</u>	39	<u>Shankar</u>
6	<u>AB</u>	23	<u>Shankar</u>	40	<u>Shankar</u>
7	<u>Shankar</u>	24	<u>Shankar</u>	41	
8	<u>Shankar</u>	25	<u>Shankar</u>	42	
9	<u>Shankar</u>	26	<u>Shankar</u>	43	
10	<u>AB</u>	27	<u>Shankar</u>	44	
11	<u>Shankar</u>	28	<u>Shankar</u>	45	
12	<u>Shankar</u>	29	<u>AB</u>	46	
13	<u>Shankar</u>	30	<u>Shankar</u>	47	
14	<u>AB</u>	31	<u>Shankar</u>	48	
15	<u>Shankar</u>	32	<u>Shankar</u>	49	
16	<u>Shankar</u>	33	<u>Shankar</u>	50	
17	<u>Shankar</u>	34	<u>Shankar</u>	51	

Name of Chapter : _____ Method of Teaching : _____

Topic Taken : Say No to Drugs Mental Health, Healthy lifestyle
Youth empowerment and Nation Building

Assignment Given : _____

Signature of Lecturer :

Class Teacher :

Principal :

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STUDENT ATTENDANCE SHEET

Academic Year: 2026-27

BHMS - I / II / III / IV

Name of Lecturer: Dr. A. Pagare

Subject: Mukhya Mantri Arogya Samvad
Theory / Practical / Clinical

Date: 16/10/26 Day: Friday Time: 2-3pm

Capacity of Class: 48 Present _____ Absent: _____

Roll No.	Signature of Student	Roll No.	Signature of Student	Roll No.	Signature of Student
1	<u>Sahwan, Sahwan</u>	18	<u>Mayuri Kteni</u>	35	<u>Sanket</u>
2	<u>Sanika Bandgar</u>	19	<u>Prayakta Kati</u>	36	<u>Yashwantrao Yash</u>
3	<u>Dr. Aneshwari Berad</u>	20	<u>Madhav</u>	37	<u>Nikita Niraj</u>
4	<u>Komal Bhagwat</u>	21	<u>Sambhaji</u>	38	<u>Omkar Savakar</u>
5	<u>Aditi Bhoirade</u>	22	<u>Uzma</u>	39	<u>Kaif Shaiikh</u>
6	<u>Rishi Kesh Bibe</u>	23	<u>Dhanwati</u>	40	<u>Vishal Shinde</u>
7	<u>Kalpesh KAB</u>	24	<u>Harshada</u>	41	<u>Neelam Bhargava</u>
8	<u>Charan Nepal</u>	25	<u>Sachin Sachin</u>	42	<u>Sanjivkumar Wale</u>
9	<u>Jayesh Salunke</u>	26	<u>Mahesh</u>	43	<u>Nat Varmu Nimmy</u>
10	<u>Ramam</u>	27	<u>Manjiri Mandlik</u>	44	<u>Pranali</u>
11	<u>Sejal Dughad</u>	28		45	<u>Pratmesh</u>
12	<u>Bhagyashree</u>	29	<u>Mubashir</u>	46	<u>RISHABH</u>
13	<u>Kalpesh</u>	30	<u>Ekta</u>	47	<u>Chanchal</u>
14	<u>Vijaya Gadhikar</u>	31	<u>Sakshi</u>	48	
15	<u>Bhoolke Pallavi</u>	32	<u>Jivan Ispaty</u>	49	
16	<u>Gadgil</u>	33	<u>Shital</u>	50	
17	<u>Gupta Sujal</u>	34	<u>Umema</u>	51	

Name of Chapter: _____ Method of Teaching: AV aid

Topic Taken: Say No to Drugs Mental Health, Youth empowerment and Nation Building

Assignment Given: _____

Signature of Lecturer: _____

Class Teacher: _____

Principal: _____

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STUDENT ATTENDANCE SHEET

Academic Year: 2026-27

BHMS - I / II / III / IV ☒

Name of Lecturer: Dr. M.A. Patil Subject: _____ Theory / Practical / Clinical ☒

Date: 16/10/26 Day: Friday Time: 11-12 Capacity of Class: _____ Present _____ Absent: _____

Roll No.	Signature of Student	Roll No.	Signature of Student	Roll No.	Signature of Student
1	Vaishnavi Thirumala	18	Devika Motekar	35	Sakshi Thirumala
2	Mantasha	19	Bhumika H. Patil	36	Aishwarya Venkatesh
3	Soniket B. Patil	20		37	Sakshi Waghmare
4	Supriya B. Shinde	21	Dakshina P. Patil	38	Sonal Yadav
5	Jamir	22	Disha Pawar	39	
6	Udit D. Patil	23	Jayesh Pawar	40	
7	Sanika F. Patil	24	Prachi Pradhan	41	
8	Karim Gawali	25	Jyoti Sah	42	
9		26		43	
10		27	Monika Shinde	44	
11	Samadhan	28		45	
12	Samiksha Jadhav	29	Pradip	46	
13	Sunil	30	Shreewani Sonawane	47	
14	Nisha K. Patil	31	Nikita Sonawane	48	
15		32	Prathmesh	49	
16	Kanhan K. Patil	33	Min	50	
17	Laxmi Mishra	34		51	

Name of Chapter: Mukhya Mantri Arogya Samvad Method of Teaching: A.V.

Topic Taken: Say No to Drugs, Mental Health, Healthy Lifestyle, Youth empowerment & Nation Building

Assignment Given: _____

Signature of Lecturer: _____

Class Teacher: _____

Principal: _____

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STUDENT ATTENDANCE SHEET

Academic Year: 2026-27

BHMS - I / II / III / IV

Interns

Name of Lecturer : _____ Subject: अभ्यास आरोग्य शास्त्र Theory / Practical / Clinical

Date: 16/10/26 Day: fri Time: 2-3PM Capacity of Class: 50 Present _____ Absent: _____

Roll No.	Signature of Student	Roll No.	Signature of Student	Roll No.	Signature of Student
1		18	Shraddha Jagtap	35	Sannuddhi Patil
2	Zoha Ansari	19	Achal Jain	36	Gurjya Pratikapati
3	Roshani Banjara	20	Abhinksha Jaiswal	37	Avinash Salunke
4		21		38	Mansi Salunke
5		22	Rutuja Kadus	39	Chanchal Sanap
6	Rutuja Bhasate	23	Saima Khan	40	
7	Vaishnavi Biwal	24	Anagha Khadke	41	Nishba Ghaike
8		25	Komal Kathe	42	
9		26		43	
10	Preena Dongre	27		44	
11	Mrkita Chelkare	28	Mansuri Mohan	45	Sakshi Sonawale
12		29	Momina Ibrahim	46	Rajshree Suryawanshi
13	Gupta Saahin	30	Defina Abdelmajed	47	
14	Saima Gupta	31	Narsale Uttamsha	48	Nishita Patil
15	Vaishnavi Hatodalkar	32	Ayushi Pasi	49	
16	Kamlesh Jadhav	33	Anushka Patil	50	
17	Saurav Jagtap	34		51	

Name of Chapter : _____ Method of Teaching : _____

Topic Taken : Say No to Drugs, Mental Health, Youth Empowerment, Nation Building

Assignment Given : _____

Signature of Lecturer : Gurjya

Class Teacher : _____

Principal : _____

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Dhanvantari Homoeopathic Medical College

I BHM3

Timestamp	Student Details Full Name:	Roll Number:	How informative and useful was the awareness session?	Did the pictures, skits and real-life examples help you understand the topics better?	Which topic did you find most meaningful?	Did this session motivate you to make positive changes in your daily life and become a responsible citizen?	What is ONE positive change you will make after attending this programme?
10/16/2026 11:50:14	Aniket Gajhans	8	Excellent	Yes	All of the above	Yes	Avoid social media and harmful drug substances
10/16/2026 11:50:30	Swinal Sanjay Mane	15	Excellent	Yes	All of the above	Yes	To not take drugs
10/16/2026 11:50:31	Siddhi Shashikant Dabe	03	Excellent	Yes	All of the above	Yes	No drug abuse
10/16/2026 11:50:33	Rutuja patil	25	Excellent	Yes	All of the above	Yes	Healthy lifestyle
10/16/2026 11:50:34	Dhanvantari Ramrao Patil	23	Excellent	Yes	All of the above	Yes	Make ourself better
10/16/2026 11:50:43	Sayed Ibra	33	Excellent	Yes	All of the above	Yes	All mentioned today
10/16/2026 11:50:44	Rohan nirvutti	5	Good	Yes	All of the above	Yes	Health is wealth
10/16/2026 11:50:45	Khan Saniya Mohsin	13	Average	Maybe	Say No to Drugs	Maybe	No
10/16/2026 11:50:51	Ansari Mantasha Jamshed Alam	01	Very Good	Yes	Youth Empowerment	Yes	Will try to become a good person
10/16/2026 11:50:54	Ayodhya hanuman rakhande	30	Excellent	Yes	All of the above	Yes	No
10/16/2026 11:50:55	Priyanka vilas saddkar	31	Excellent	Yes	All of the above	Yes	Try to focus on mental state
10/16/2026 11:50:55	Bhumika patil	21	Excellent	Yes	All of the above	Yes	Healthy Lifestyle with good physical and mental health
10/16/2026 11:50:56	Umalma Deshmukh	04	Very Good	Yes	Mental Health & Healthy Lifestyle	Yes	Will try to become good Person
10/16/2026 11:50:57	Srushti Dashrath Muneswar	19	Excellent	Yes	All of the above	Yes	Men
10/16/2026 11:50:59	Twinkle narendra umare	38	Excellent	Yes	All of the above	Yes	Mental health and healthy lifestyle
10/16/2026 11:51:03	Amruta Rameshwar Gadaker	07	Excellent	Yes	All of the above	Yes	Healthy Lifestyle
10/16/2026 11:51:04	Shrutti Chandrakant Warule	39	Excellent	Yes	All of the above	Yes	Make lifestyle healthy
10/16/2026 11:51:09	Mariya Shaikh	34	Excellent	Yes	All of the above	Yes	...
10/16/2026 11:51:09	Samiksha vilas pawar	27	Excellent	Yes	Youth Empowerment	Yes	No
10/16/2026 11:51:18	Komal somnath plimpare	28	Excellent	Yes	All of the above	Yes	I will focus on my health
10/16/2026 11:51:19	Kirti Deepak Tamore	37	Excellent	Yes	All of the above	Yes	I'll focus on my health and goals
10/16/2026 11:51:20	Pradya Dilip More	17	Very Good	Yes	Mental Health & Healthy Lifestyle	Yes	Thank you
10/16/2026 11:51:21	Shaikh Saif	35	Excellent	Yes	All of the above	Yes	No Drugs



I BHMS

Timestamp	Student Details Full Name:	Roll Number:	How informative and useful was the awareness session?	Did the pictures, skits and real life examples help you understand the topics better?	Which topic did you find most meaningful?	Did this session motivate you to make positive changes in your daily life and become a responsible citizen?	What is ONE positive change you will make after attending this programme?
10/16/2026 11:51:27	Rutuja Magan Pawar	26	Very Good	Yes	All of the above	Yes	Healthy lifestyle
10/16/2026 11:51:33	Bhagyashree bhimarao kandare	12	Excellent	Yes	Mental Health & Healthy Lifestyle	Yes	Social media
10/16/2026 11:51:36	Suhani Tukaram Yewale	40	Excellent	Yes	Mental Health & Healthy Lifestyle	Yes	Heathy life style
10/16/2026 11:51:44	Darshana Sunil Patil	22	Excellent	Yes	All of the above	Yes	Improvement in ourself as a youth of the nation
10/16/2026 11:51:45	Abhishek Satpute	32	Excellent	Yes	Mental Health & Healthy Lifestyle	Yes	Social,Mental, physical health is very important to maintain it
10/16/2026 11:51:49	SHIBA SAMEER SHAIKH	36	Excellent	Yes	All of the above	Yes	Working to maintain healthy lifestyle and work towards achieving goal
10/16/2026 11:52:11	Kadambari nandkumar Kambale	11	Excellent	Yes	All of the above	Yes	Social media watching time reduce
10/16/2026 11:52:16	Kajal Gulab Narwade	20	Excellent	Yes	Youth Empowerment	Yes	Run ou program for encouraging youths
10/16/2026 11:52:18	Sankha Impal	9	Excellent	Yes	All of the above	Yes	Thank you
10/16/2026 11:52:37	Tanhai Sachin More	18	Excellent	Yes	All of the above	Yes	I'll be aware of drug abuse,and will try to spread this awareness.
10/16/2026 11:53:29	Preeti Buwasahab Bade	2	Very Good	Yes	All of the above	Yes	Contributing for the development of our country as a youth by Awaring people about addictions , Avoiding unnessary social media use
10/16/2026 12:29:04	Omkar More	16	Excellent	Yes	All of the above	Yes	Be stable
10/16/2026 12:30:29	Divya patil	24	Excellent	Yes	Mental Health & Healthy Lifestyle	Yes	No
10/16/2026 12:31:32	Divya patil	24	Excellent	Yes	Mental Health & Healthy Lifestyle	Yes	No



What is ONE positive change you will make after attending this programme?

37 responses

No

Thank you

Healthy lifestyle

Improvement in ourself as a youth of the nation

Will try to become good Person

To not take drugs

All mentioned today

Make lifestyle healthy

Will try to become a good person

Avoid social media and harmful drug substances

Social media

Contributing for the development of our country as a youth by Awaring people about addictions , Avoiding unnessary social media use

I'll be aware of drug abuse,and will try to spread this awareness.

Make ourself better

Health is wealth

I'll focus on my health and goals

No drug abuse

Social,Mental, physical health is very important to maintain it

Social media watching time reduce

Healthy Lifestyle with good physical and mental health



21/10/2026, 15:09

FEEDBACK FORM - I BHMS

I will focus on my health

No Drugs

Run out program for encouraging youths

Men

...

Try to focus on mental state

Working to maintain healthy lifestyle and work towards achieving goal

Heathy life style

Be stable

Mental health and healthy lifestyle

Healthy Lifestyle

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FEEDBACK FORM - I BHMS

37 responses

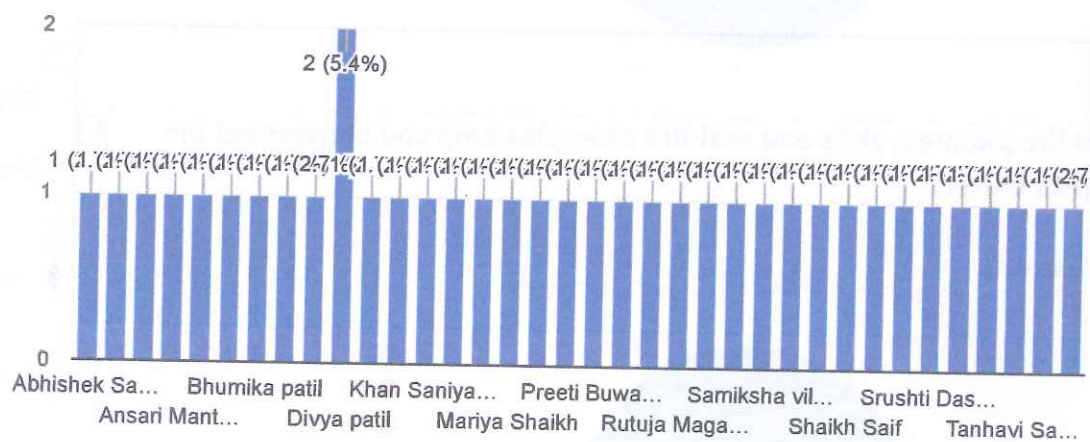
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Student Details

 [Copy chart](#)

Full Name:

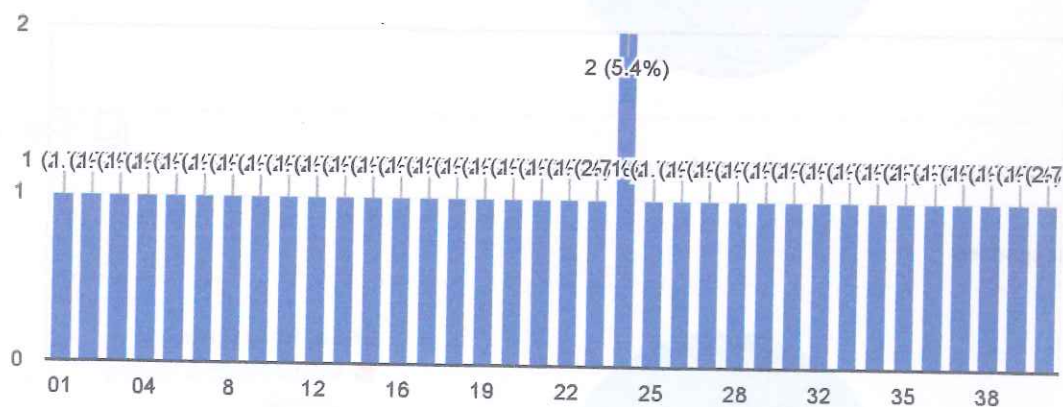
37 responses



Roll Number:

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37 responses



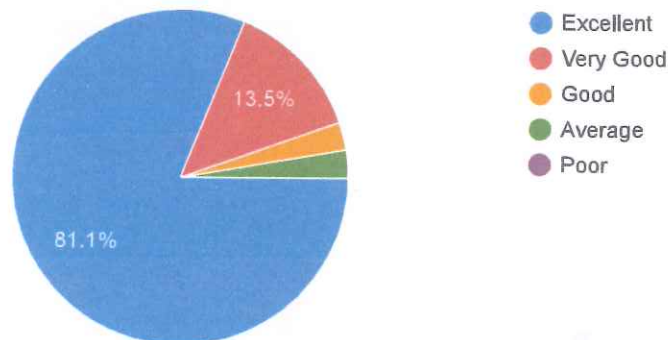
FEEDBACK FORM FOR SESSION



How informative and useful was the awareness session?

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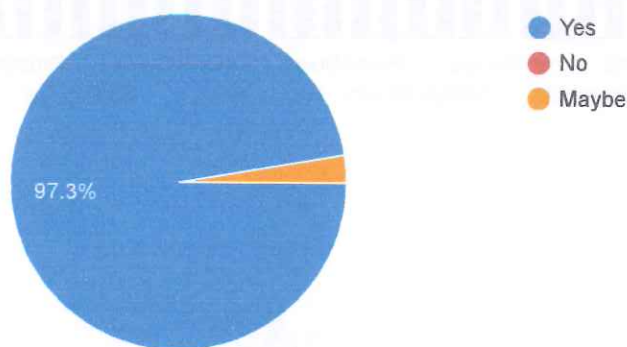
37 responses



Did the pictures, skits and real-life examples help you understand the topics better?

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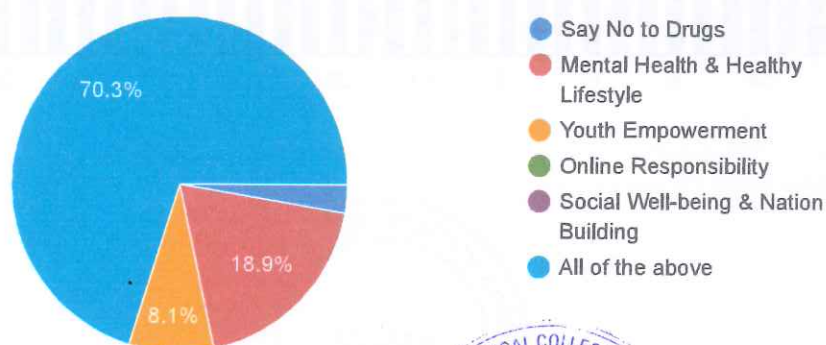
37 responses



Which topic did you find most meaningful?

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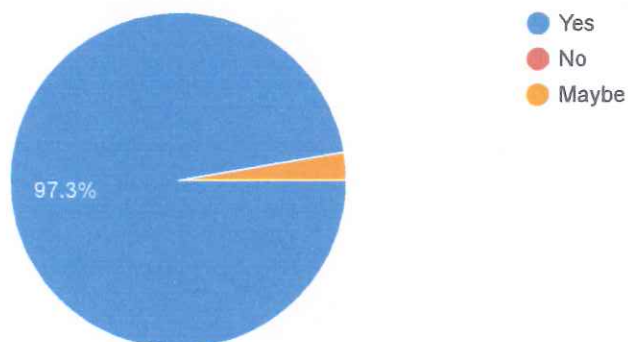
37 responses



Did this session motivate you to make positive changes in your daily life and become a responsible citizen?

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chart

37 responses



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Timestamp	Student Details Full Name:	Column 9	Roll Number	How informative and useful was the awareness session?	Did the pictures, skits and real life examples help you understand the topics better?	Which topic did you find most meaningful?	Did this session motivate you to make positive changes in your daily life and become a responsible citizen?	What is ONE positive change you will make after attending this programme?
10/16/2026 15:22:16	hiwade shivprasad		14	Excellent	Yes	All of the above	Yes	Informative
10/16/2026 15:22:28	Prajakta Rahul Borde		06	Very Good	Yes	Mental Health & Healthy Lifestyle	Yes	Don't overthink
10/16/2026 15:22:30	Mukta Balasaheb Misal		22	Excellent	Yes	All of the above	Yes	I will Learn to Say No to wrong things
10/16/2026 15:22:31	Aveerash Gorkinath Khelade		20	Excellent	Yes	Mental Health & Healthy Lifestyle	Yes	I will never addict to anything
10/16/2026 15:22:31	Rushikesh Jade		15	Excellent	Yes	Youth Empowerment	Yes	Responsibility
10/16/2026 15:22:34	Prachi Salve		36	Excellent	Yes	Youth Empowerment	Yes	Changes in myself
10/16/2026 15:22:35	Tagore Rushikesh Anasaheb		42	Excellent	No	All of the above	Yes	Mainain Routine and Mental health
10/16/2026 15:22:38	Sakshi Kandi		17	Excellent	Yes	All of the above	Yes	Meditation
10/16/2026 15:22:40	Tanvi Arvind Sahare		34	Very Good	Yes	Youth Empowerment	Yes	Mobile addiction
10/16/2026 15:22:54	Thakur pankajsinh Dindayalsinh		43	Excellent	Yes	Mental Health & Healthy Lifestyle	Yes	Mainain healthy lifestyle
10/16/2026 15:22:56	Mandira Hiwale		13	Excellent	Yes	All of the above	Yes	To maintain Healthy life style with mental, social level To focus on our goals and correct direction
10/16/2026 15:23:03	Jayesh Pagar		24	Excellent	Yes	All of the above	Yes	Great
10/16/2026 15:23:11	Priyanka Gophane		11	Excellent	Yes	All of the above	Yes	Empowerment, by sharing vital healthcare information to improve community well-being.
10/16/2026 15:23:12	Disha Pandey		25	Excellent	Yes	Online Responsibility	Yes	Be careful handling social media and not letting it manipulate me
10/16/2026 15:23:19	Utpreksha Rajesh Suradkar		41	Very Good	Yes	All of the above	Yes	Satisfaction is most important in life
10/16/2026 15:23:23	Chavan Shweta Bhagwan		07	Good	Yes	Mental Health & Healthy Lifestyle	Yes	Healthy lifestyle
10/16/2026 15:23:25	Gitanjali Sunil Kudhar		21	Excellent	Yes	All of the above	Yes	Youth empowerment
10/16/2026 15:23:26	Mayuri Vishnu Deyand		8	Excellent	Yes	Mental Health & Healthy Lifestyle	Yes	Less mobile addiction
10/16/2026 15:23:29	Rutuja Sandip Bele		4	Excellent	Yes	All of the above	Yes	Improve lifestyle
10/16/2026 15:23:29	Payal Padwal		23	Excellent	Yes	Mental Health & Healthy Lifestyle	Yes	Youth empowerment and daily changes
10/16/2026 15:23:30	Bhagyesh Namdev Wagh		45	Excellent	Yes	All of the above	Yes	I will say no to addiction, I will handle situations as a mature person.
10/16/2026 15:23:33	Lina Dnyaneshwar Somwane		40	Excellent	Yes	All of the above	Yes	Improve lifestyle
10/16/2026 15:23:39	Deveshi Vispute		44	Very Good	Yes	Youth Empowerment	Yes	Fitness
10/16/2026 15:23:41	Dhandhare Tanishka Ganesh		9	Excellent	Yes	All of the above	Yes	Mainain healthy lifestyle



II BPHMS

Timestamp	Student Details Full Name:	Column 9	Roll Number	How informative and useful was the awareness session?	Did the pictures, skits and real life examples help you understand the topics better?	Which topic did you find most meaningful?	Did this session motivate you to make positive changes in your daily life and become a responsible citizen?	What is ONE positive change you will make after attending this programme?
10/16/2026 15:23:47	Sahil Mahadev Sakat		35	Good	Maybe	Online Responsibility	Yes	Avoid dependency on social media
10/16/2026 15:23:52	Obaidullah ansari		02	Very Good	Yes	All of the above	Yes	Say no to addiction
10/16/2026 15:23:53	Saurabh Samrahadur Yadav		46	Excellent	Yes	All of the above	Yes	Positive thinking
10/16/2026 15:24:17	Varad Shrihari Dhawle		10	Excellent	Yes	Social Well-being & Nation Building	Yes	Believe in your self
10/16/2026 15:24:20	Sanika Pundkar		31	Very Good	Yes	All of the above	Yes	I will prioritize a healthier sleep schedule and practice mindfulness to manage stress better.
10/16/2026 15:24:29	SHWEZA SAYYED		38	Excellent	Yes	All of the above	Yes	I will prioritize a healthier sleep schedule and practice mindfulness to manage stress better.
10/16/2026 15:24:44	Shweta Sardar Halore		12	Excellent	Yes	All of the above	Yes	Never be careless regarding social media and not trusting it.
10/16/2026 15:24:49	Chaitanya Prakash Kedari		18	Good	Yes	All of the above	Yes	Say no to addiction
10/16/2026 15:25:12	Neha Sharad Patil		29	Good	Yes	All of the above	Yes	Nothing
10/16/2026 15:25:17	Varsha Bade		3	Excellent	Yes	All of the above	Maybe	Ok
10/16/2026 15:26:44	Samrudhi patil		30	Very Good	Yes	Youth Empowerment	Yes	will focus on positive thinking, improve my self-confidence, and apply what I have learned in my daily life.
10/16/2026 15:26:45	Pathan Aisha Asrakhan		27	Very Good	Yes	All of the above	Yes	I will stay away from drugs and encourage others to live a healthy, addiction-free life.
10/16/2026 15:26:46	Samiksha Hemant Raotole		33	Very Good	Yes	Say No to Drugs	Yes	I will stay away from addictive substances and encourage others to live a healthy, drug-free life.
10/16/2026 15:26:59	Snehal Yewale		47	Excellent	Yes	Youth Empowerment	Yes	I will stay away from addicted things
10/16/2026 15:27:14	Suhani Prakash Khandage		16	Excellent	Yes	All of the above	Yes	All good
10/16/2026 15:28:00	Riya solse		39	Excellent	Yes	Mental Health & Healthy Lifestyle	Yes	Improve myself
10/16/2026 15:28:30	Kiran devdas bharti		5	Excellent	Yes	All of the above	Yes	Social well being And Nation building
10/16/2026 15:29:04	Snehal Vijay Sawantsarkar		37	Excellent	Yes	All of the above	Yes	I will develop healthy habits, stay away from addictive substances, and confidently say no to peer pressure to maintain a healthy lifestyle



What is ONE positive change you will make after attending this programme?

42 responses

Maintain healthy lifestyle

Say no to addiction

Improve lifestyle

I will prioritize a healthier sleep schedule and practice mindfulness to manage stress better.

All good

I will stay away from addicted things

Be careful handling social media and not letting it manipulate me

Less mobile addiction

Empowerment, by sharing vital healthcare information to improve community well-being

I will stay away from addictive substances and encourage others to live a healthy, drug-free life.

Mobile addiction

Youth empowerment and daily changes

Youth empowerment

Don't overthink

I will Learn to Say No to wrong things

I will develop healthy habits, stay away from addictive substances, and confidently say no to peer pressure to maintain a healthy lifestyle

Responsibility

Meditation

I will never addict to anything

Nothing



I will say no to addiction.

I will handle situations as a mature person.

To maintain Healthy life style with mental, social level

To focus on our goals and correct direction

Ok

Satisfaction is most important in life

Maintain Routine and Mental health

will focus on positive thinking, improve my self-confidence, and apply what I have learned in my daily life."

Avoid dependency on social media

Believe in your self

Changes in myself

Healthy lifestyle

Informative

Social well being And Nation building

Positive thinking

I will stay away from drugs and encourage others to live a healthy, addiction-free life.

Fitness

Improve myself

Never be careless regarding social media and not trusting it

Great

I will prioritize a healthier sleep schedule and practice mindfulness to manage stress better.

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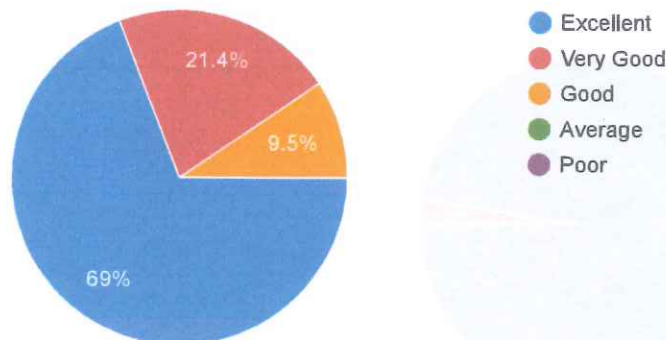
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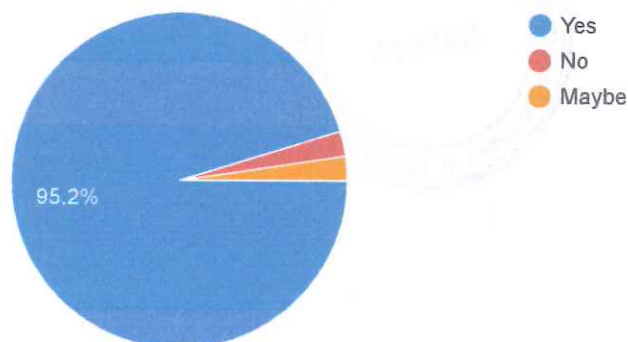


 Copy chart**How informative and useful was the awareness session?**

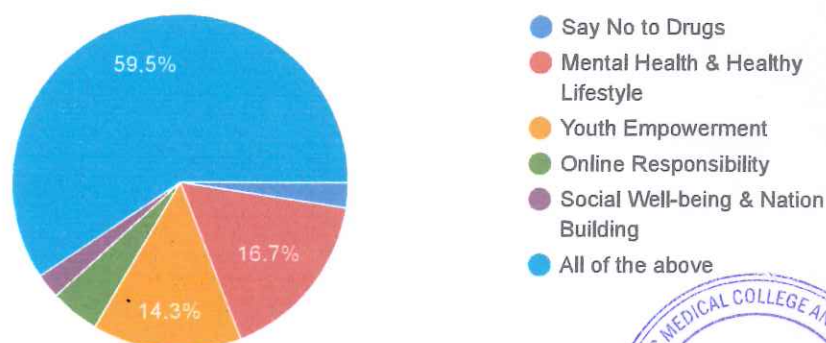
42 responses

**Did the pictures, skits and real-life examples help you understand the topics better?** Copy chart

42 responses

**Which topic did you find most meaningful?** Copy chart

42 responses



IV BHMS

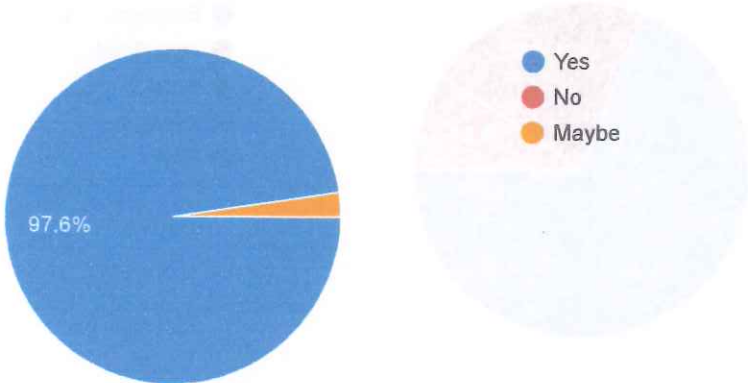
Timestamp	Student Details Full Name:	Roll Number	How informative and useful was the awareness session?	Did the pictures, skits and real-life examples help you understand the topics better?	Which topic did you find most meaningful?	Did this session motivate you to make positive changes in your daily life and become a responsible citizen?	What is ONE positive change you will make after attending this programme?
10/16/2026 11:50:08	Shravani Vikas Somawanshi	30	Good	Yes	Mental Health & Healthy Lifestyle	Yes	Improve my sleep schedule
10/16/2026 11:50:13	Moin Tamboli	33	Excellent	Yes	Say No to Drugs	Yes	Positivity
10/16/2026 11:50:14	Sonal Yadav	38	Very Good	Yes	Mental Health & Healthy Lifestyle	Yes	Good
10/16/2026 11:50:15	Sakshi Wagh	37	Good	Yes	Say No to Drugs	Yes	I will take care of my health
10/16/2026 11:50:22	Vaishnavi Ahire	1	Good	Yes	All of the above	Yes	Everything
10/16/2026 11:50:28	Sunita Raju Kanaujya	13	Very Good	Yes	Say No to Drugs	Yes	Very good
10/16/2026 11:50:29	Prachi pradhan	24	Excellent	Yes	Say No to Drugs	Maybe	Good
10/16/2026 11:50:30	Hrideel Shrivastava	29	Good	Yes	All of the above	Yes	All
10/16/2026 11:50:30	Nisha Khandbahale	14	Excellent	Yes	All of the above	Yes	We already are in positive path.
10/16/2026 11:50:31	Nikita Bhagwat Sonawane	31	Very Good	Maybe	Say No to Drugs	Yes	Lifestyle
10/16/2026 11:50:38	Samiksha Nandur Jadhav	12	Excellent	Yes	Social Well-being & Nation Building	Yes	Social well being
10/16/2026 11:50:42	Disha Nanaal Pawar	22	Very Good	Maybe	All of the above	Yes	Healthy lifestyle
10/16/2026 11:50:46	Supriya Bharat Bhorge	4	Excellent	Yes	All of the above	Yes	I will follow Healthy Lifestyle
10/16/2026 11:51:03	Aamir chaneagaonkar	05	Excellent	Yes	All of the above	Yes	Very good experience
10/16/2026 11:51:07	Jyoti Ajay sah	25	Very Good	Maybe	Youth Empowerment	Yes	No to drugs
10/16/2026 11:51:08	Devika santosh more	18	Good	Yes	Mental Health & Healthy Lifestyle	Yes	Smoking is injurious to health
10/16/2026 11:51:10	Mantasha Ansari	02	Excellent	Yes	Youth Empowerment	Yes	Positivity
10/16/2026 11:51:12	Dakshata Pawar	21	Good	Yes	All of the above	Yes	
10/16/2026 11:51:17	Farooqui Saniya	7	Excellent	No	Say No to Drugs	Yes	Improved mental health
10/16/2026 11:51:19	Bhumnika Nikumbh	19	Excellent	Yes	Youth Empowerment	Yes	Don't do drugs
10/16/2026 11:51:21	Laxmi krishna mishra	17	Very Good	Yes	All of the above	Yes	Spread awareness
10/16/2026 11:51:27	Samadhan Suresh Jadhav	11	Excellent	Yes	Mental Health & Healthy Lifestyle	Yes	Everything discussed in program
10/16/2026 11:51:31	Lalit Dhakad	6	Good	Maybe	Social Well-being & Nation Building	Maybe	I am already on that way
10/16/2026 11:51:44	Prathamesh suryanshi	32	Good	Yes	Say No to Drugs	Yes	I will never do smoking & alcohol



Did this session motivate you to make positive changes in your daily life and become a responsible citizen?

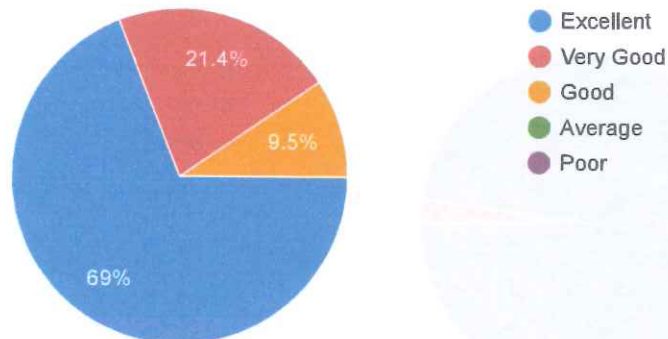
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42 responses

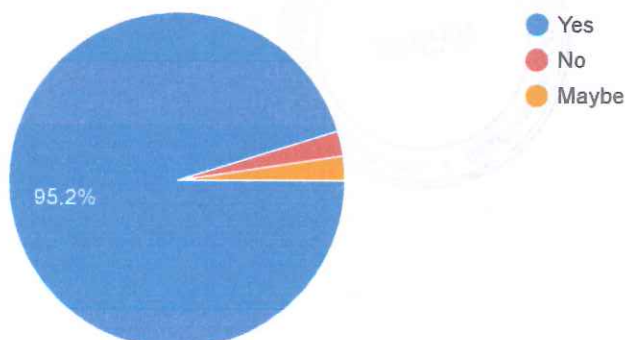


 Copy chart**How informative and useful was the awareness session?**

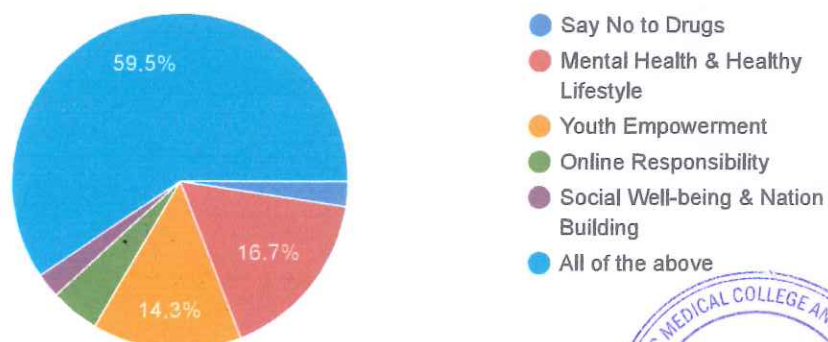
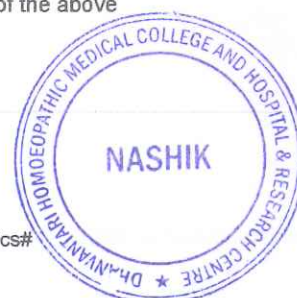
42 responses

**Did the pictures, skits and real-life examples help you understand the topics better?** Copy chart

42 responses

**Which topic did you find most meaningful?** Copy chart

42 responses



What is ONE positive change you will make after attending this programme?

32 responses

All

Good

Positivity

I will take care of my health

Don't do drugs

I will follow Healthy Lifestyle

Lifestyle

Healthy lifestyle

Social well being

Very good

Very good experience

Social well being

Improve my sleep schedule

Smoking is injurious to health

I will never do smoking & alcohol

I would focus on Mental well being as much as I focus on physical health ..also focus on making my lifestyle better

I am already in positive way

I am already on that way

Spread awareness



Good

Everything discussed in program

Everything

I will reduce use of social media .

Improved mental health

No to drugs

We already are in positive path.

Youth responsibility

Ignoring friends for mental peace

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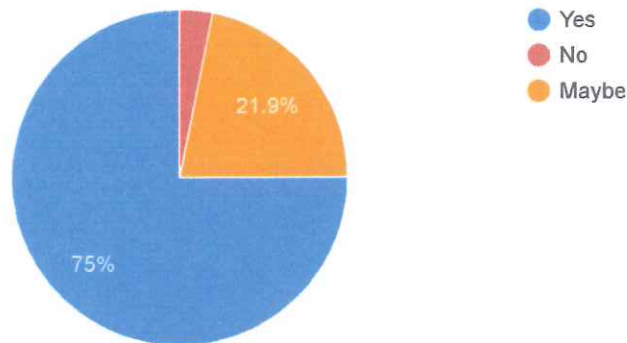
Did the pictures, skits and real-life examples help you understand the topics better?



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chart

32 responses

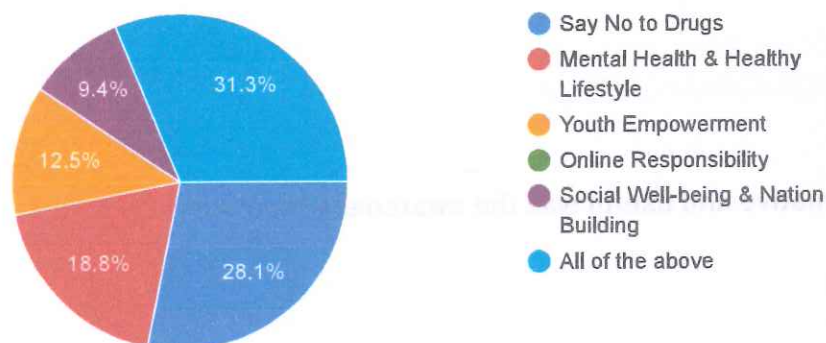


Which topic did you find most meaningful?



Copy chart

32 responses



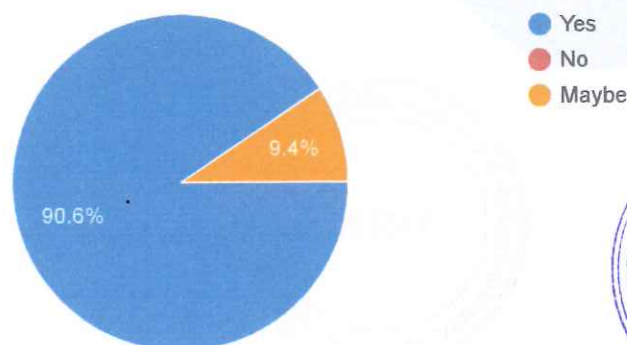
Did this session motivate you to make positive changes in your daily life and become a responsible citizen?



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chart

32 responses



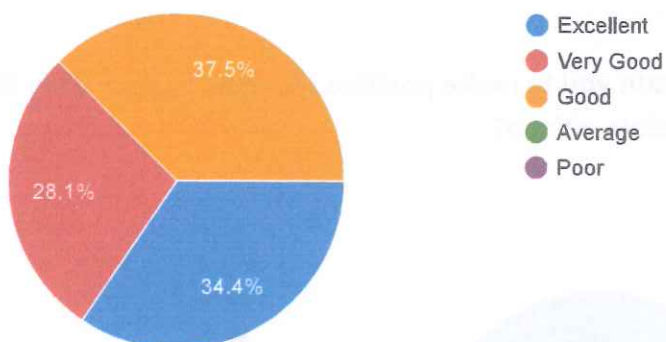
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FEEDBACK FORM FOR SESSION

How informative and useful was the awareness session?

 Copy chart

32 responses



Antennu.

Timestamp	Student Details Full Name:	Roll Number	How informative and useful was the awareness session?	Did the pictures, skits and real life examples help you understand the topics better?	Which topic did you find most meaningful?	Did this session motivate you to make positive changes in your daily life and become a responsible citizen?	What is ONE positive change you will make after attending this programme?
10/16/2026 15:21:39	Akanksha Jaiswar	20	Very Good	Yes	All of the above	Yes	Good
10/16/2026 15:22:19	Gaurav Jagtap	17	Excellent	Yes	All of the above	Yes	Yes.
10/16/2026 15:22:29	Vaishnavi Bliwal	07	Excellent	Yes	All of the above	Yes	My Sleep schedule
10/16/2026 15:23:21	Sachin Gupta	13	Very Good	Yes	All of the above	Yes	Healthy life
10/16/2026 15:25:30	Vaishnavi Chandrakant Iad	26	Average	Yes	Mental Health & Healthy Lifestyle	Yes	Increase the lecture tu advance knowledge
10/16/2026 15:26:43	Anushka Kiran Patil	33	Very Good	Yes	Youth Empowerment	Yes	Awareness about drug addiction and it's causes
10/16/2026 15:27:09	Achal Jain	19	Excellent	Yes	All of the above	Maybe	Reduce mobile hours
10/16/2026 15:29:02	Rutuja Bhosale	06	Excellent	Yes	Mental Health & Healthy Lifestyle	Yes	Absolutely helpful session
10/16/2026 15:30:28	Gunja Subhashchandra prajapati	36	Good	Yes	All of the above	Yes	I will follow my diet,daily routine
10/16/2026 15:33:21	Kamleshjadhav	16	Very Good	Yes	Mental Health & Healthy Lifestyle	Yes	Health life
10/16/2026 15:33:26	Nilima Sunil Patil	48	Excellent	Yes	All of the above	Yes	Stop addiction
10/16/2026 15:35:23	Roshani Ranjit Banjara	3	Excellent	Yes	All of the above	Yes	Focusing on yourself , avoiding unnecessary stress ,say no to drugs
10/16/2026 15:51:10	Zoha ansari	02	Excellent	Yes	All of the above	Yes	Yes
10/16/2026 15:52:01	Zoha ansari	02	Excellent	Yes	All of the above	Yes	Yes.
10/16/2026 15:52:05	Nishba Shaikh	41	Good	Maybe	All of the above	Yes	Mental health and healthy lifestyle
10/16/2026 16:05:27	Achal Jain	19	Excellent	Yes	All of the above	Maybe	Reduce mobile hours
10/16/2026 16:07:51	Sakshi dnyandeo sonawane	45	Very Good	No	All of the above	Yes	I'll start making changes in myself before expecting from society
10/16/2026 16:08:19	Samruddhi patil	35	Excellent	Yes	Youth Empowerment	Yes	I'll start making changes in myself



Answers

Timestamp	Student Details Full Name:	Roll Number	How informative and useful was the awareness session?	Did the pictures, skits and real life examples help you understand the topics better?	Which topic did you find most meaningful?	Did this session motivate you to make positive changes in your daily life and become a responsible citizen?	What is ONE positive change you will make after attending this programme?
10/16/2026 16:09:31	Simran gupia	14	Very Good	Yes	All of the above	Yes	Being productive
10/16/2026 16:10:40	nikita subhash Galkwad	11	Good	Yes	Say No to Drugs	Yes	motivated me for healthy lifestyle
10/16/2026 16:11:32	Anagha Mahesh Kharche	24	Very Good	Yes	Youth Empowerment	Yes	Reschedule my old schedule
10/16/2026 16:11:58	Gunja Subhashchandra prajapati	36	Good	Yes	All of the above	Yes	I will not skip meal
10/16/2026 16:12:56	Chanchal Goraknath Sanap	39	Excellent	Yes	All of the above	Yes	Social well being
10/16/2026 16:13:47	Tejas santosh Borge	08	Good	Yes	Mental Health & Healthy Lifestyle	Yes	Be happy
10/16/2026 16:17:25	Momin Ibrahim	28	Very Good	Yes	Say No to Drugs	Yes	Yes
10/16/2026 16:17:31	Shreyash Rajkumar Dixit	09	Good	No	Online Responsibility	Maybe	Be good
10/16/2026 17:13:25	Saima Khan	23	Very Good	Yes	All of the above	Yes	Changing bad habits
10/16/2026 18:02:30	Pritam Shelar	41	Excellent	Yes	Say No to Drugs	Yes	Yes
10/16/2026 18:09:57	Prema pandharnath dongare	10	Very Good	Yes	Social Well-being & Nation Building	No	Hiabaka hi bandook
10/16/2026 18:25:28	Mansi Anil Salunkhe	37	Good	Maybe	Mental Health & Healthy Lifestyle	Yes	Give priority to my mental health
10/16/2026 23:31:39	Rutuja kadus	22	Very Good	Yes	All of the above	Yes	
10/16/2026 23:53:34	Rajshri Narsinha suryawanshi	46	Good	Yes	Youth Empowerment	Yes	Improvement
10/16/2026 23:55:08	Rajshri Narsinha suryawanshi	46	Good	Yes	Youth Empowerment	Yes	Improvement
10/16/2026 23:56:02	Alfiya Abdul Majid Mulla	30	Good	Yes	All of the above	Yes	Work on myself for my mental and physical well being
10/17/2026 9:10:58	Mansuri mohin habib	27	Very Good	Yes	Mental Health & Healthy Lifestyle	Yes	Start changes from today for healthy lifestyle
10/17/2026 9:26:32	Pritam Shelar	41	Very Good	Yes	Mental Health & Healthy Lifestyle	Maybe	Yes



What is ONE positive change you will make after attending this programme?

36 responses

Yes

Reduce mobile hours

Improvement

I will not skip meal

Changing bad habits

Increase the lecture to advance knowledge

Absolutely helpful session

Hjabaka hii bandook

Stop addiction

Be happy

Mental health and healthy lifestyle

Focussing on yourself , avoiding unnecessary stress ,say no to drugs

Social well being

Give priority to my mental health

Healthy life

I will follow my diet,daily routine

Start changes from today for healthy lifestyle

Being productive

My Sleep schedule

I'll start making changes in myself



21/10/2026, 15:02

FEEDBACK FORM - INTERNS

Health life

Reschedule my old schedule

motivated me for healthy lifestyle

Good

Be good

Awareness about drug addiction and it's causes

Work on myself for my mental and physical well being

I'll start making changes in myself before expecting from society

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FEEDBACK FORM - INTERNS

36 responses

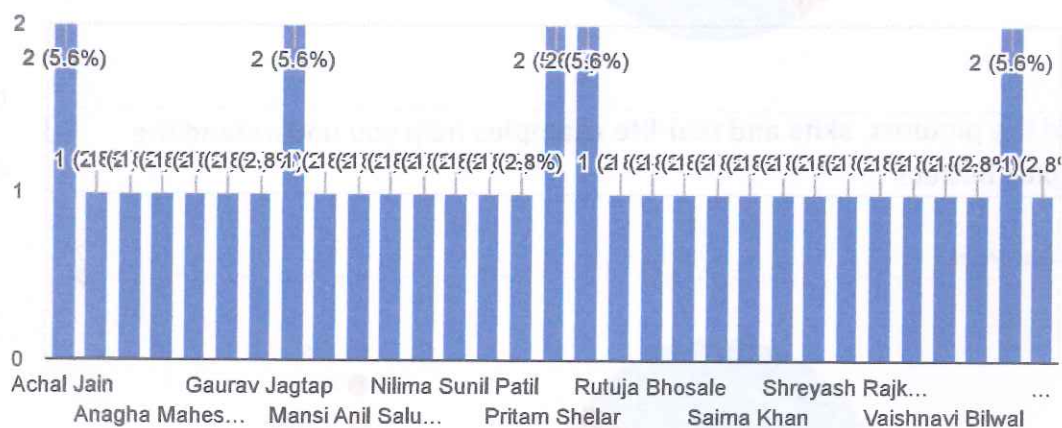
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Student Details

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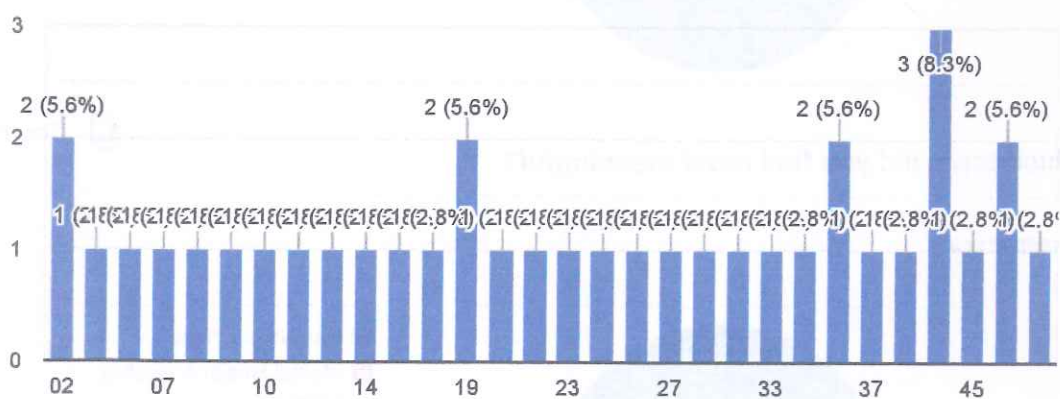
36 responses



Roll Number:

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36 responses



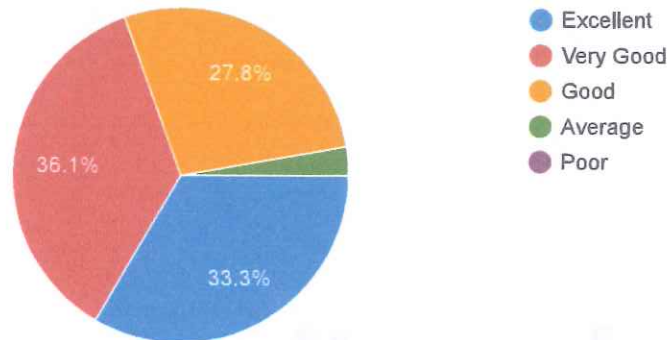
FEEDBACK FORM FOR SESSION



How informative and useful was the awareness session?

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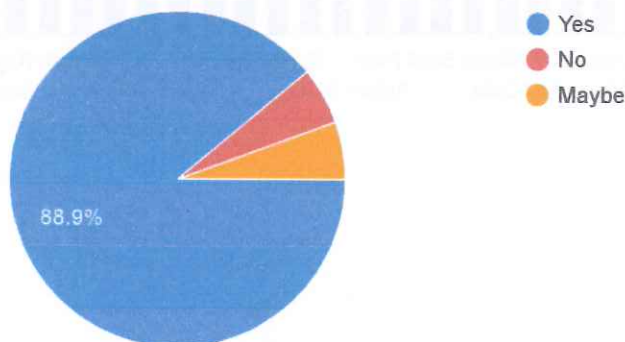
36 responses



Did the pictures, skits and real-life examples help you understand the topics better?

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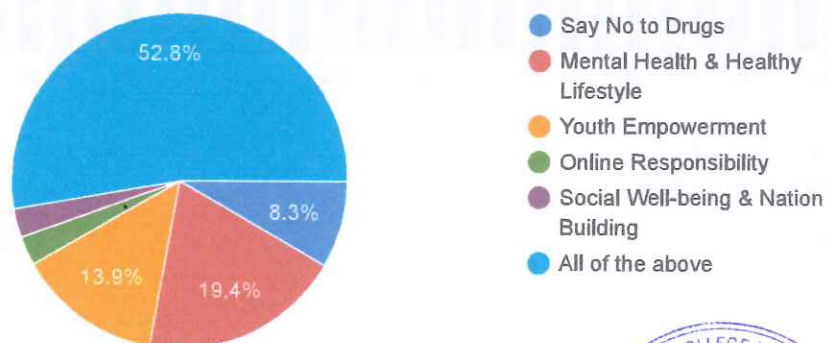
36 responses



Which topic did you find most meaningful?

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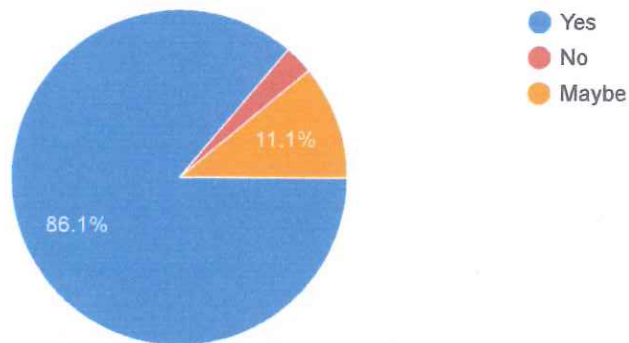
36 responses



Did this session motivate you to make positive changes in your daily life and become a responsible citizen?

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36 responses



MUKHYAMANTRI AROGYA SAMVAD

Health Awareness Campaign

Healthy Mind. Healthy Body. Responsible Youth.
Developed Nation



DRUGS — A DANGEROUS BEGINNING

One Experiment Can Change a Life

Drug addiction is not simply a bad habit. It is a serious health problem that can affect the brain, body, family, education, and future. Drugs can affect judgement and decision-making. Repeated use can lead to dependence and addiction. An overdose can cause breathing failure or death. Addiction can affect relationships, education, employment, and financial stability.



THE TEMPORARY HIGH IS NOT WORTH A LIFETIME OF CONSEQUENCES.

You're the one responsible for your FUTURE



MILLIONS OF LIVES ARE AFFECTED WORLDWIDE.

According to the United Nations Office on Drugs
and Crime, its World Drug Report 2025
estimated that: **316 million** people aged 15–64
used drugs worldwide in 2023.

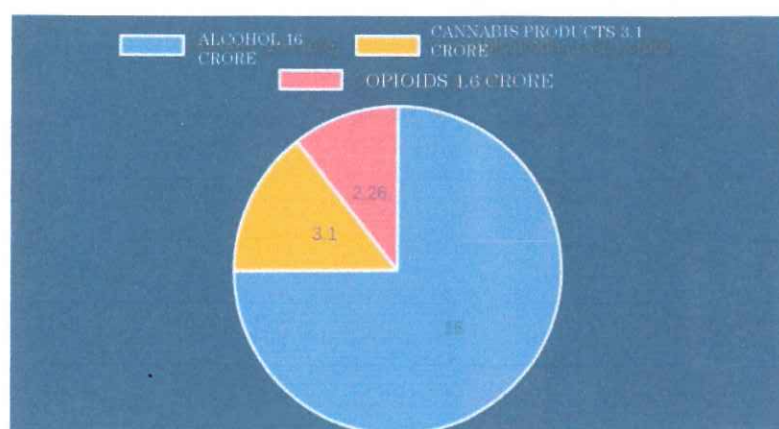
This represents approximately 6% of the global
population aged **15–64**.

DRUG	ESTIMATED USERS
Cannabis	244 Million
Opioids	61 Million
Amphetamines	30.7 Million
Cocaine	25 Million
Ecstasy	21 Million

THE DRUG PROBLEM ACROSS THE WORLD

Country or region	Major issue to highlight
United States	Serious opioid and drug-overdose crisis
Canada	Opioid-related harms and overdose deaths
Mexico	Drug trafficking and organised crime
Afghanistan	Historically significant illicit opium production
India	Alcohol, cannabis, opioids, and other substance-use concerns

DRUG USE IN INDIA

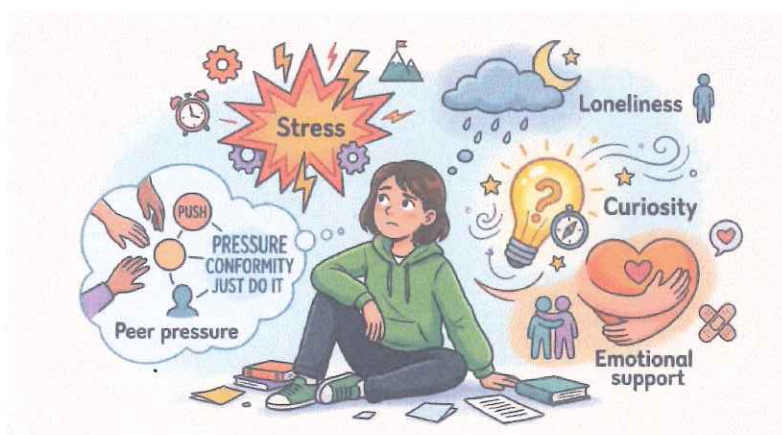


UNDERSTANDING THE REASONS BEHIND ADDICTION

Common contributing factors include:

- Peer pressure: Wanting to fit in with a group.
- Stress: Trying to cope with academic, family, or financial pressure.
- Emotional pain: Trying to escape sadness, loneliness, or difficult experiences. Curiosity: Wanting to experiment.
- Family environment: Exposure to substance use or lack of support.
- Easy availability: Being able to obtain substances easily.
- Repeated use: Some substances can lead to dependence, making it difficult to stop.

UNDERSTANDING THE REASONS BEHIND ADDICTION



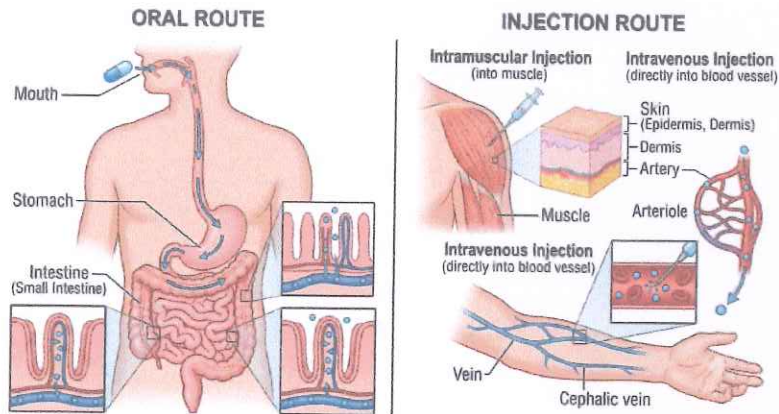
THE DAMAGE IS NOT JUST MENTAL

Body system	Possible effects
Brain	Poor judgement, impaired memory, dependence
Heart	Increased heart rate, abnormal rhythm, cardiovascular complications
Lungs	Breathing problems and lung damage, depending on the substance and route
Liver	Liver injury, especially with certain substances
Kidney	Kidney injury in some cases
Mental Health	Anxiety, depression, paranoia, or psychosis
Family & Social Life	Conflict, isolation, financial problems

KROKODIL: SEVERE TISSUE DAMAGE AND LIFE-THREATENING HARM



HOW DRUGS ENTER THE BODY MATTERS



THE FIVE HEALTH AWARENESS TOPICS

1. Say NO to Drugs
2. Mental Health
3. Healthy Lifestyle
4. Youth Empowerment
5. Nation Building

TOPIC 1 — SAY NO TO DRUGS (NASHAMUKTI)

○ What is Nashamukti?

Nashamukti means preventing harmful substance use, supporting people affected by addiction, and helping individuals recover.



TOPIC 2 — MENTAL HEALTH (MANASIK AROGYA)

- Mental health affects how we think, feel, handle stress, build relationships, and make decisions.
- Common challenges among students
 1. Examination
 2. Stress
 3. Anxiety about the future
 4. Loneliness
 5. Family pressure
 6. Low self-confidence
 7. Difficulty managing emotions

HEALTHY WAYS TO COPE

- Talk to someone you trust.
- Seek professional help when needed.
- Maintain regular sleep and physical activity.
- Practise relaxation and breathing exercises.
- Build supportive friendships.
- Avoid using drugs or alcohol to cope with emotional pain.

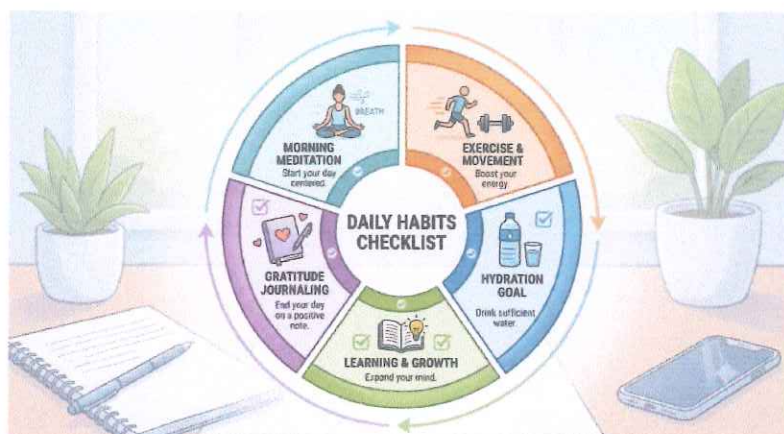


TOPIC 3 — HEALTHY LIFESTYLE (NIROGI JEEVANSMAILI)

Five habits students can practise

1. Balanced diet: Eat regular, nutritious meals.
2. Physical activity: Aim for regular movement and exercise.
3. Adequate sleep: Maintain a consistent sleep schedule.
4. Hydration: Drink enough water throughout the day.
5. Screen-time balance: Make time for outdoor activities, hobbies, and relationships.

HEALTHY HABITS



TOPIC 4 — YOUTH EMPOWERMENT (YUVASHAKTI)

What empowered youth can do

- Make informed decisions.
- Resist harmful peer pressure.
- Develop communication and leadership skills.
- Participate in sports, arts, and community activities.
- Learn career and financial skills.
- Volunteer for health-awareness campaigns.
- Seek support when facing challenges.