



Anekant Education Society's  
**Anekant Institute of Management Studies (AIMS)**  
Religious Minority Institution  
Anekant Education Society Campus  
Baramati, Dist-Pune, Maharashtra, PIN-413102  
Phone :( 02112) 227299 Website: www.aimsaramati.org  
Contact us:director@aimsaramati.org

02/09/2020

## Report of Extension Activity during Lockdown Period

To  
The Director  
AIMS Baramati

### Activity Title: Online Surveys on Covid 19 Awareness & Issues Relating to Health

\*\*\*\*\*

This is to submit that, AIMS Students and Staff Members contributed in conducting a online surveys during COVID 19 Lockdown Period of A. Y. 2020-21. Online Groups of MBA Second Year students were created. Online Google Forms powered by Certifying Software were used to prepare E-Surveys.

### Online Surveys on Covid 19 Awareness & Issues Relating to Health were conducted as below:

1. Mental Health Awareness Quiz by Dr. P. V. Yadav: 1135 Participants
2. World No Tobacco Day Awareness Quiz by Dr. A. Y. Dikshit: 838 Participants
3. COVID 19 Awareness Quiz by Dr. T. V. Chavan: 522 Participants

**25 Second Year Students** Participated in this Activity. They prepared survey forms & designed certificates under the able guidance of above faculty members.

This activity sensitized students towards importance of health in citizens across **10 states of India**. The efforts of AIMS Team were highly appreciated by AIMS Management and participants at large.

### List of MBA Second Year Students Participation in the Extension Activity

S.N.	SEAT NO.	Name
1	52418	GADHAVE BAPU MOHAN
2	52449	ZENDE CHAITANYA TATASAHEB
3	52428	ABHIJEET M. KUMBHAR
4	52416	ATOLE AJINATH SONBA
5	52429	BAGAL TEJAS DEEPAK
6	52430	BANSODE ANAND SHYAMRAO
7	52431	BHANDARI SWAPNIL NANDRAM
8	52432	BHUTE VAISHNAVI NILESH
9	52417	CHOUGULE ASHWARYA M.
10	52433	DOSHI PRANAV SNEHAL
11	52434	HOLKAR CHETAN GANGARAM
12	52435	JANJIRE SOURABH SUNIL
13	52436	KAKADE SHUBHAM BHOLA
14	52437	KULKARNI AKSATA ARVIND
15	52438	KUMBHAR SHANTANU J.
16	52439	LONDHE PRACHI PRAKASH
17	52440	MORE RUTURAJ GAJANAN
18	52441	NAGARWALA SANIKA A.
19	52442	NARAYANKAR SUMIT DILIP
20	52419	THOMBARE PARSRAM R.
21	52443	SHELAR SACHIN VILAS
22	52444	SHENDE SAPANA RAJENDRA
23	52445	SONAWANE SALONI SHYAM
24	52446	SONAWANE SHUBHAM SHYAM
25	52447	SHINDE VIJAY SOMNATH

Submitted By

Dr. A. Y. Dikshit  
BMC MoU Coordinator

Copy To:  
1. AIMS IQAC



Dr. M. A. Lahori  
Director

# Anekant Education Society's, Anekant Institute of Management Studies Baramati: COVID 19-LOCKDOWN: Mental Health Awareness Quiz

\* Required

1. Email \*

---

2. Full Name : Please write Mr. /Miss/Ms. / Mrs./ Dr. /Prof. etc. \*

---

3. Mobile No. \*

---

4. Your Organization / School / College / Institute \*

---

5. Your Affiliation \*

*Mark only one oval.*

- Student  
 Faculty/Staff  
 Professional  
 Other

6. Q.1) Depression can be caused by: \*

1 point

*Mark only one oval.*

- Life Events  
 Dwelling on negative thoughts  
 Personality  
 There is no single cause of depression



7. Q.2) Depression Symptoms May Include: \* 1 point

Mark only one oval.

- Persistently sad or irritable mood
- Pronounced changes in sleep, appetite and energy
- Difficulty thinking, concentrating and remembering
- Lack of interest in or pleasure from activities that were once enjoyed
- All of the above may be signs

8. Q.3) Depression is the only problem in lockdown. \* 1 point

Mark only one oval.

- True
- False

9. Q.4) Medication used for treating depression is addictive and prevents appropriate feelings. \* 1 point

Mark only one oval.

- True
- False

10. Q.5) Depression is an emotion linked to certain groups such as the elderly, those living in poverty, and teenagers. \* 1 point

Mark only one oval.

- True
- False

11. Q.6) The maintenance of the mind and its overall wellness is called: \* 1 point

Mark only one oval.

- Physiological health
- Bodily health
- Physical health
- Psychological health

12. Q.7) Does the reading & listening lots of news about corona virus lead to anxiety? \* 1 point

Mark only one oval.

- Yes
- No

13. Q.8) Important measure to keep mental health strong during lockdown period \* 1 point

Mark only one oval.

- Get plenty of sleep
- Eat well
- Meditation and exercise
- Avoid Rumours
- All of the above

14. Q.9) What is the definition of health literacy? \* 1 point

Mark only one oval.

- Being able to do things and alter your health in a way you ever had before.
- Being able to read, understand, and use health information in order to make informed decisions about one's health.
- Being able to read medical reports and prescription labels in order to give yourself the correct dosage.
- Being able to use medical technology and health supplements.

15. Q.10) Which of the following healthcare apps is used during lockdown? \* 1 point

Mark only one oval.

- Practo
- Arogya Setu
- Medlife
- SmartMedics

---

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Google Forms



Questions

Responses

1/35

Settings

Total points: 10



# Anekant Education Society's, Anekant Institute of Management Studies Baramati: COVID 19-LOCKDOWN: Mental Health Awareness Quiz

Form description



Valid email

This form is collecting emails. Change settings

Full Name : Please write Mr./Miss/Ms./Mrs./Dr./Prof. etc.

Short answer text

Mobile No.

Short answer text



# Anekant Education Society's, Anekant Institute of Management Studies Baramati: COVID 19-LOCKDOWN: Mental Health Awareness Quiz

1,135 responses

[Publish analytics](#)



Full Name : Please write Mr. /Miss/Ms. / Mrs./ Dr. /Prof. etc.

1,135 responses

Kajal taak

Mr. Pankaj Yadav

Miss vanshika sharma

priya

Deepak Jain

Miss

Divyanshu Yadav

Ms. Aayushi Vashistha

Ms. POOJA PATEL



Mobile No.

1,135 responses

7037837380

7060666231

7248600741

9758300056

8979735853

8056509240

9837658409

7055869331

9568177502





### Your Organization / School / College / Institute

1,135 responses

College

Banaras Hindu University

Presidency college

BHU

School

sprc

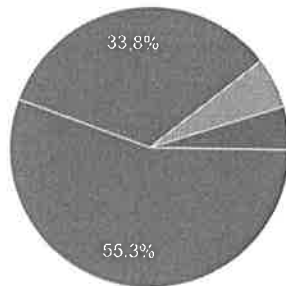
Samrat Prithviraj chauhan

Blooming Dale School

SM JN pG college Haridwar

### Your Affiliation

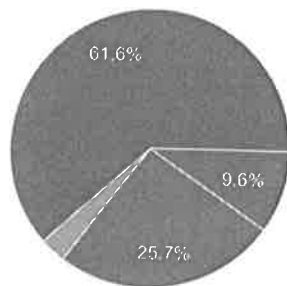
1,135 responses



- Student
- Faculty/Staff
- Professional
- Other

### Q.1) Depression can be caused by:

1,135 responses

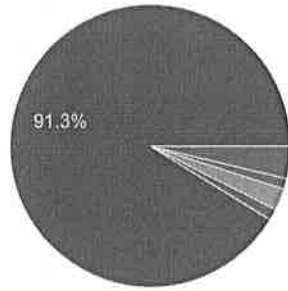


- Life Events
- Dwelling on negative thoughts
- Personality
- There is no single cause of depression



Q.2) Depression Symptoms May Include:

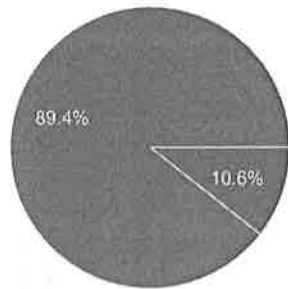
1,135 responses



- Persistently sad or irritable mood
- Pronounced changes in sleep, appetite and energy
- Difficulty thinking, concentrating and remembering
- Lack of interest in or pleasure from activities that were once enjoyed
- All of the above may be signs

Q.3) Depression is the only problem in lockdown.

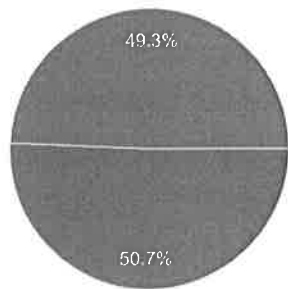
1,135 responses



- True
- False

Q.4) Medication used for treating depression is addictive and prevents appropriate feelings .

1,135 responses

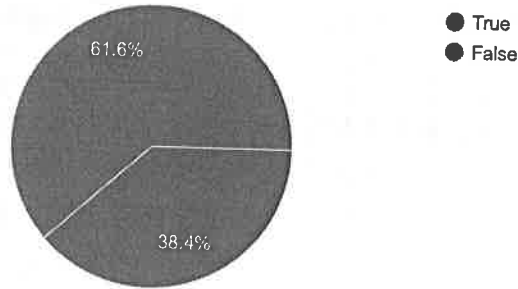


- True
- False



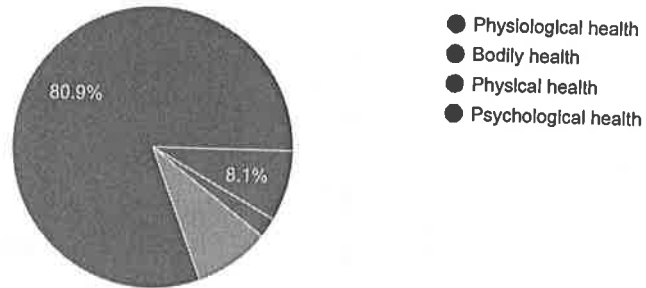
Q.5) Depression is an emotion linked to certain groups such as the elderly, those living in poverty, and teenagers.

1,135 responses



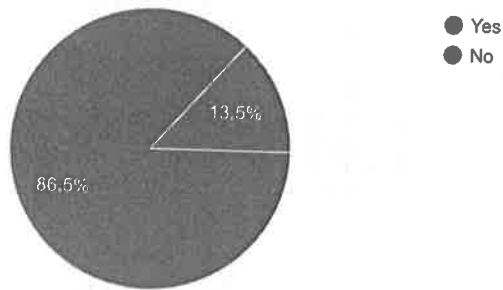
Q.6) The maintenance of the mind and its overall wellness is called:

1,135 responses



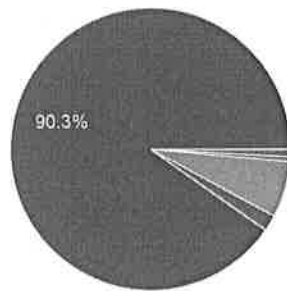
Q.7) Does the reading & listening lots of news about corona virus lead to anxiety?

1,135 responses



Q.8) Important measure to keep mental health strong during lockdown period

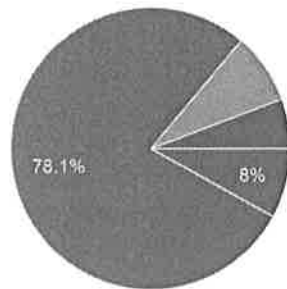
1,135 responses



- Get plenty of sleep
- Eat well
- Meditation and exercise
- Avoid Rumours
- All of the above

Q.9) What is the definition of health literacy?

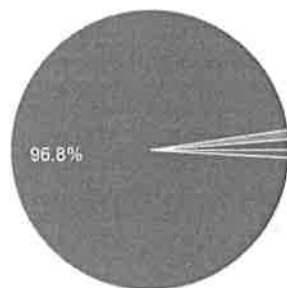
1,135 responses



- Being able to do things and after your health in a way you ever had before.
- Being able to read, understand, and use health information in order to make...
- Being able to read medical reports and prescription labe...
- Being able to use medical technology and health suppl...

Q.10) Which of the following healthcare apps is used during lockdown?

1,135 responses



- Practo
- Arogya Setu
- Medlife
- SmartMedics

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Google Forms





Anekant Education Society's  
**Anekant Institute of Management Studies (AIMS)**  
 (Approved by AICTE New Delhi and Govt. of Maharashtra, Affiliated to S. P. Pune University)



Accredited by NAAC 'B++' Grade CGPA 2.93

# COVID 19- LOCKDOWN Mental Health Awareness Quiz

This certificate declares that

PRIYADEVI J from Presidency college has successfully completed "COVID 19- LOCKDOWN:  
 Mental Health Awareness Quiz" on 21-5-2020 with a passing score of 70%.

*Dr. P.V. Yadav*  
**Dr. P.V. Yadav**  
 Quiz Coordinator

**Dr. V.N. Sayankar**  
 Academic Coordinator

*Dr. M.A. Lahori*  
**Dr. M.A. Lahori**  
 Director



# E-Campaign on World No Tobacco Day



Questions Responses 838

Total points: 20

Section 1 of 6

## World No Tobacco Day - 31 May 2020

Anekant Education Society's  
Anekant Institute of Management Studies (AIMS), Baramati  
Supports WHO's #Tobacco Exposed Campaign on World No Tobacco Day - 31 May 2020

Dear Participant,

Greetings of the day!!!

As a part of our commitment to provide extension services to society and collaborate with community towards sensitive issues surrounding the health care, we request your good-self to participate in the E-Campaign on World No Tobacco Day, 2020 #Tobacco Exposed.

This effort informs the public on the dangers of using tobacco, the business practices of tobacco companies, what WHO is doing to fight the tobacco epidemic, and what people around the world can do to claim their right to health and healthy living and to protect future generations.

The Member States of the World Health Organization created World No Tobacco Day in 1987 to draw global attention to the tobacco epidemic and the preventable death and disease it causes. In 1987, the World Health Assembly passed Resolution WHA40.38, calling for 7 April 1988 to be a "a world no-smoking day." In 1988, Resolution WHA42.19 was passed, calling for the celebration of World No Tobacco Day, every year on 31 May.

Today, let us take up this Quiz and spread awareness on quitting tobacco use.

Regards,

Dr. M. A. Lahori  
Director  
A.E.S' Anekant Institute of Management Studies (AIMS), Baramati



Email address \*

Valid email address

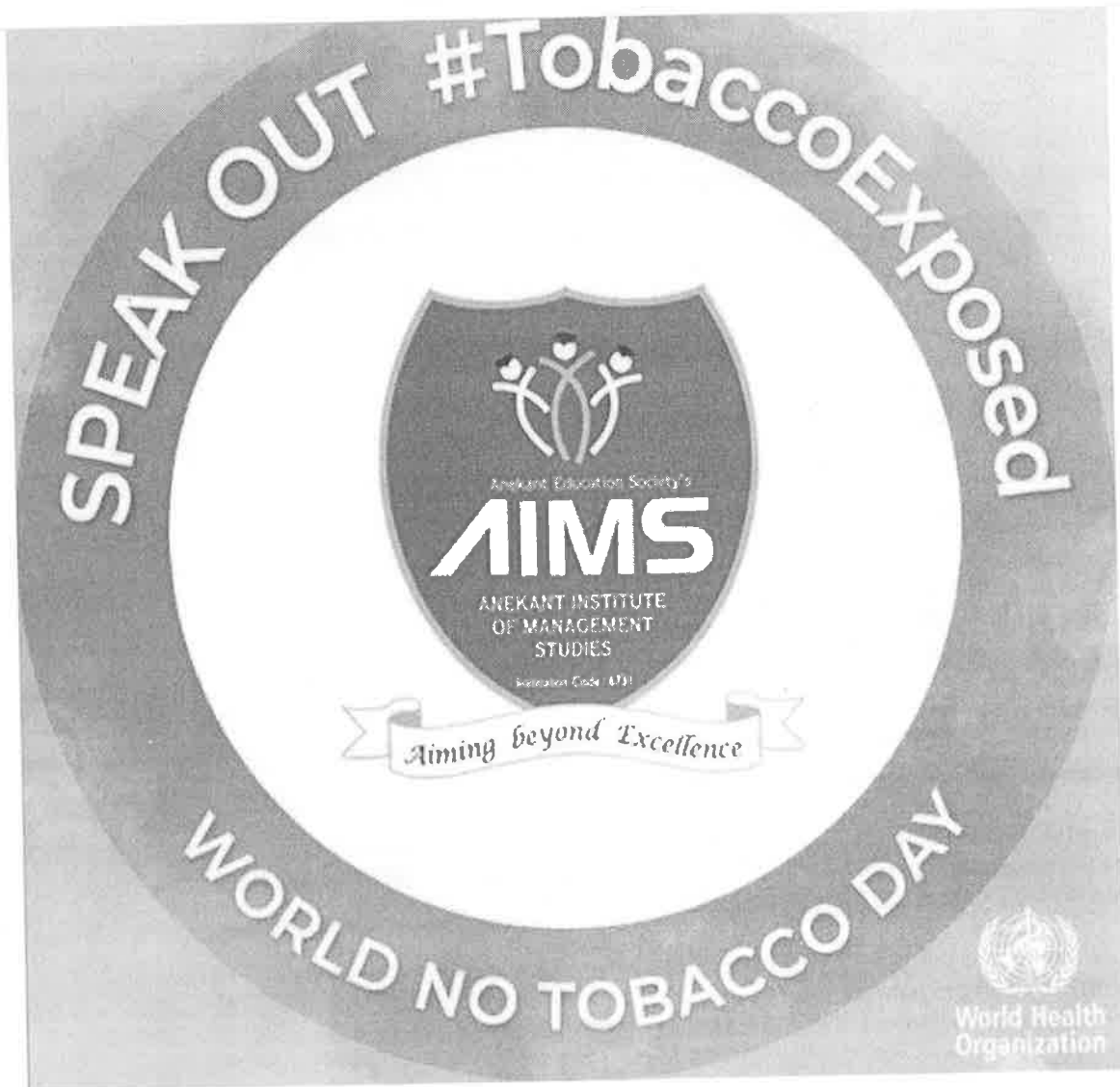
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Questions Responses 838

Total points: 20



After section 1 Continue to next section

Section 2 of 6

## Participant Information

Instructions:

1. All questions are compulsory.
2. Each question carries 1 mark.
3. Maximum Marks: 20
4. Passing Marks: 10 (50%)
5. On passing the quiz, Participant will get E Certificate within 2 days.





Questions Responses 838

Total points: 20

Name of Organization \*

Short answer text

Place/ City/ Town/ Location

Short answer text

What is your Contact Number? \*

Short answer text







Questions Responses 838

Total points: 20

**THE TOBACCO INDUSTRY IS TARGETING A  
NEW GENERATION  
WITH THEIR TRICKS AND TACTICS.  
HERE'S HOW:**

**Direct advertising**

- Advertising in entertainment media like movies and TV shows
- Attractive displays at children's eye level, near toys, sweets and sugary drinks
- Tobacco product ads that imitate popular memes to appeal to children and young adults

**Indirect advertising**

Use of social media and sponsoring influencers to promote certain tobacco and vaping products

**Promotion**

- Promotion of tobacco products at popular events for young people
- Distribution of free samples and promotional material to young people

**Sponsorship**

- Apprenticeships and school and university scholarships for students, and other support for schools
- Sponsorship of major sporting events/teams, including placement of tobacco company logos

**Other marketing tactics**

- Flavours appealing to children in smokeless tobacco, shisha and e-cigarettes
- Kiddie packs and single stick sales

**World Health Organization**

Continue to next section





Questions Responses 838

Total points: 20

1. Tobacco kills up to half of its users.
2. Tobacco kills more than 8 million people each year. More than 7 million of those deaths are the result of direct tobacco use while around 1.2 million are the result of non-smokers being exposed to second-hand smoke.
3. Over 80% of the world's 1.3 billion tobacco users live in low- and middle-income countries.

What's the more addictive substance - nicotine or cocaine? \*

- Nicotine
- Cocaine
- They are equally addictive





Is smoking shisha/hookah harmful to your health? \*

- Yes
- No



Questions Responses 838

Total points: 20



Are e-cigarettes and other vaping products harmful to your health? \*

Yes

No





Which of these shows has the highest number of tobacco incidents on screen? \*

- The Walking Dead
- Stranger Things
- Making a Murderer





Questions Responses 838

Total points: 20



Smokers are more likely to develop severe disease with COVID-19, compared to non-smokers. True or false? \*

- True
- False





The tobacco industry brings financial gain by providing millions of jobs and taxes that governments and people depend on. \*

- True
- False



Questions Responses 838

Total points: 20



After section 3 Continue to next section

Section 4 of 6

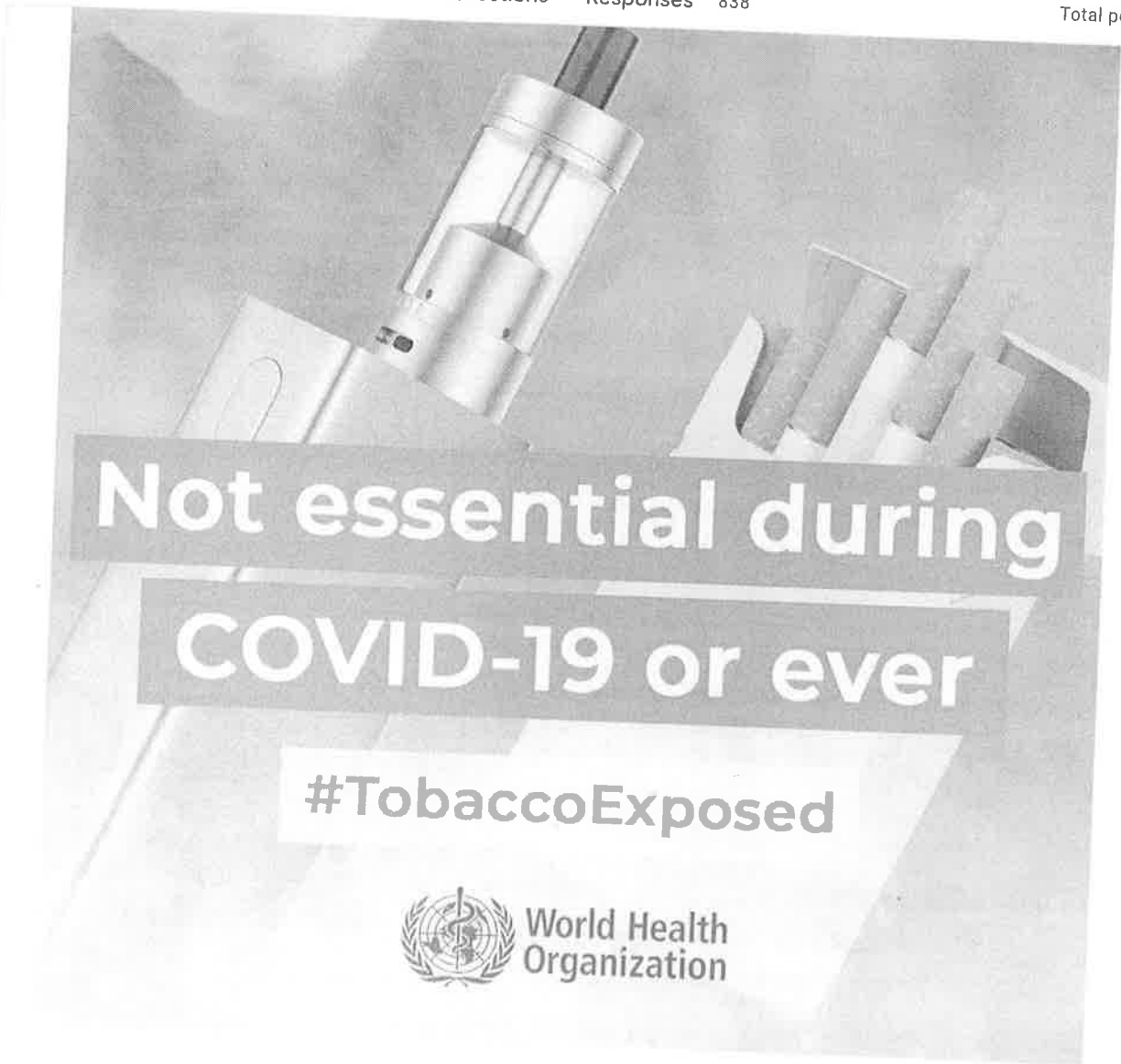
## Tobacco and COVID-19



Description (optional)







As a smoker, is my risk of getting the COVID 19 virus higher than that of a non-smoker?

- Yes
- No



Questions Responses 838

Total points: 20



As a smoker, am I likely to get more severe symptoms if infected?

Yes

No



The tobacco industry spends an average of **\$23 MILLION** on marketing every day.



**Tell them your lung health is not for sale.**

 World Health Organization

#TobaccoExposed

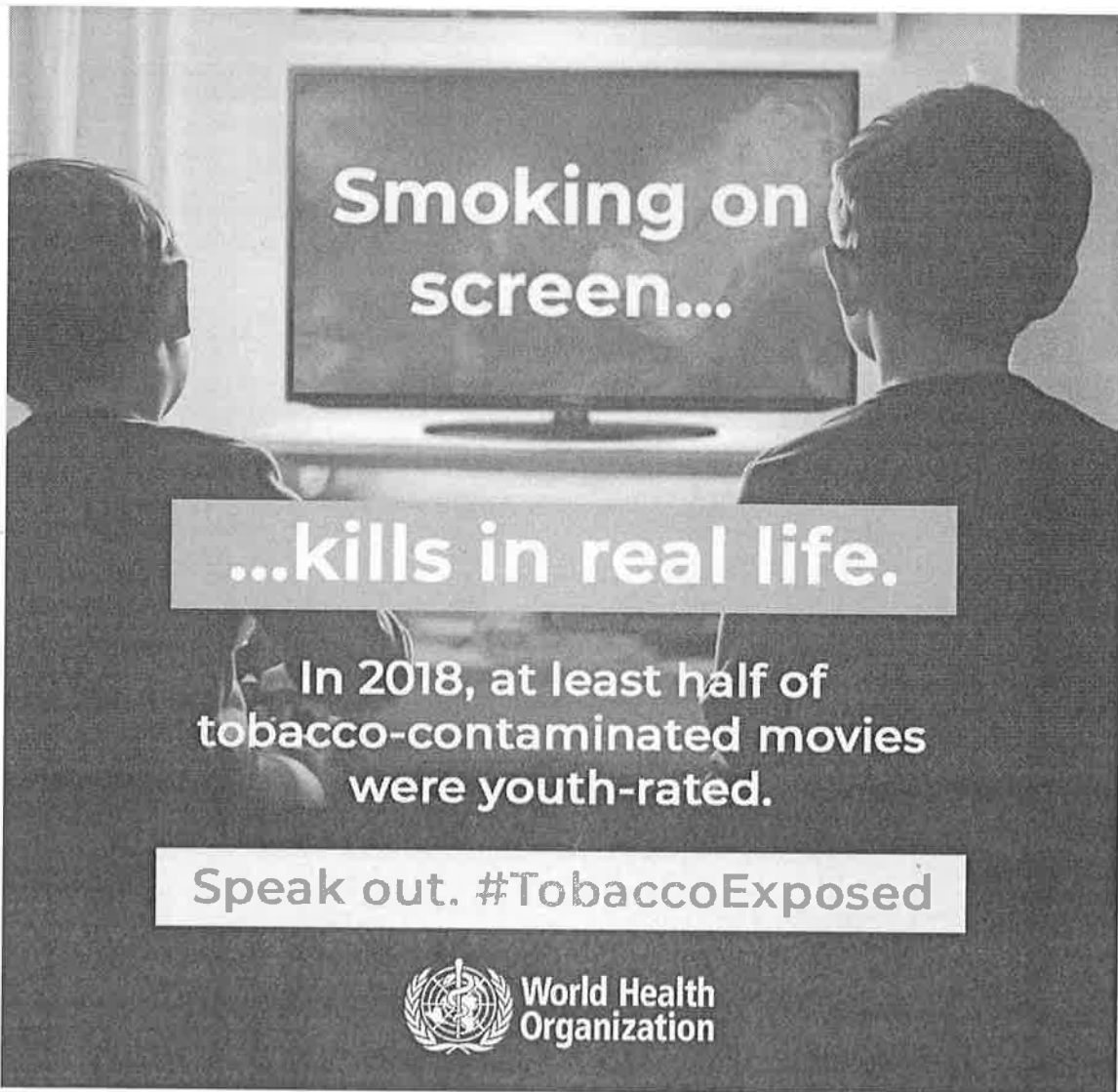
As a vaper, am I more likely to be infected or to have more severe symptoms if infected? \*

- Yes
- No



Questions Responses 838

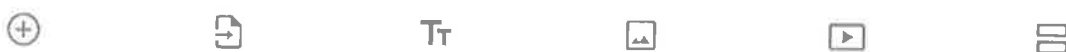
Total points: 20

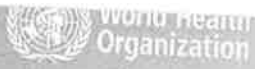


Am I likely to be infected or to have more severe symptoms if I use smokeless tobacco viz. chewing tobacco? \*

Yes

No





#TobaccoExposed

# MERCHANDISE

*Distribution of branded promotional products.*



Do you know recommendations of WHO for tobacco users? \*

Yes

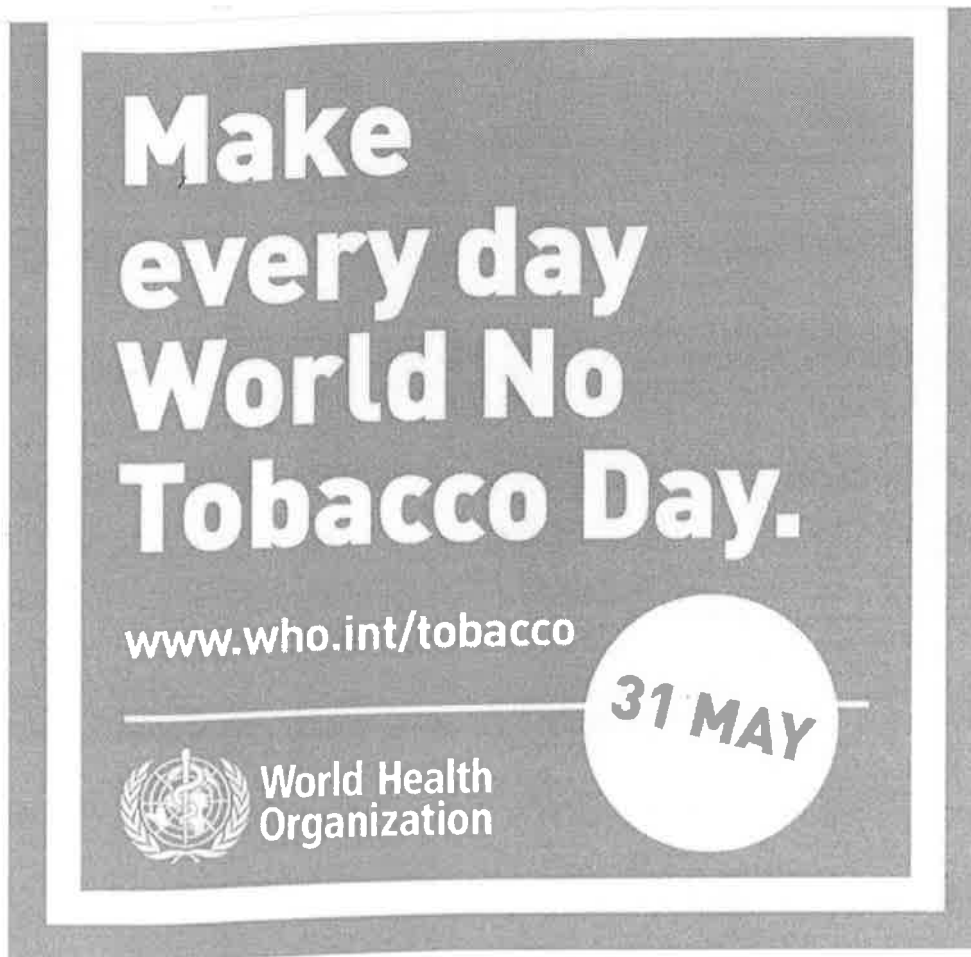
No





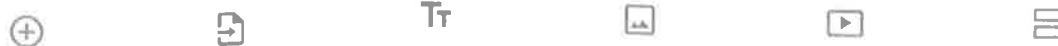
Questions Responses 838

Total points: 20



Do you know recommendations of WHO for all of us to protect from the risks associated with smoking, smokeless tobacco use and vaping? \*

- Yes
- No





Questions Responses 838

Total points: 20



After section 4 Continue to next section

Section 5 of 6

## E-Cigarettes



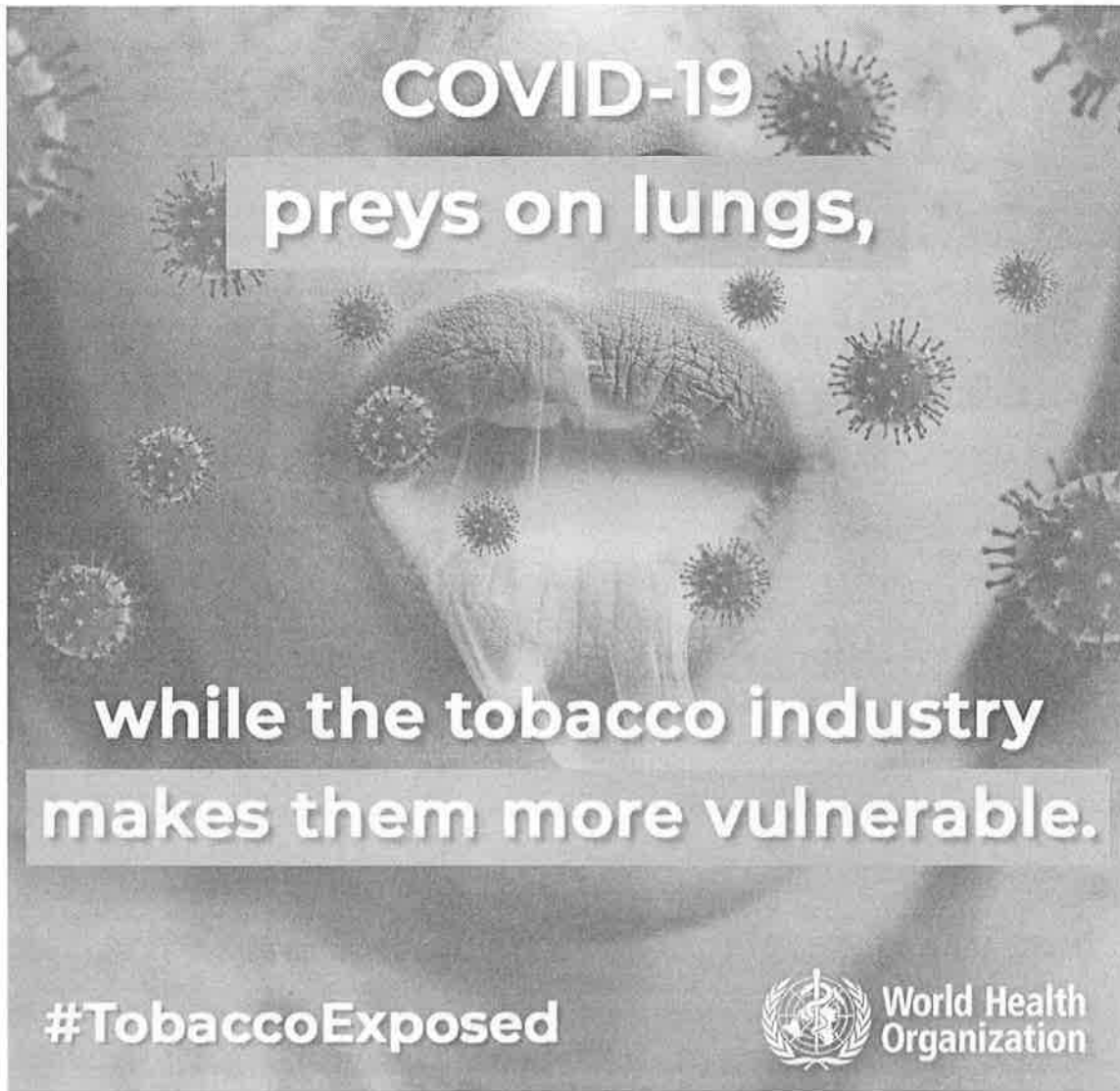
There are many different types of e-cigarettes in use, also known as Electronic Nicotine Delivery Systems (ENDS), with varying amounts of nicotine and harmful emissions. ENDS emissions typically contain nicotine and other toxic substances that are harmful to both users and those exposed to the vapours secondhand.





Questions Responses 838

Total points: 20



Are E Cigarettes and other vaping products dangerous? \*

Yes

No







Questions Responses 838

Total points: 20

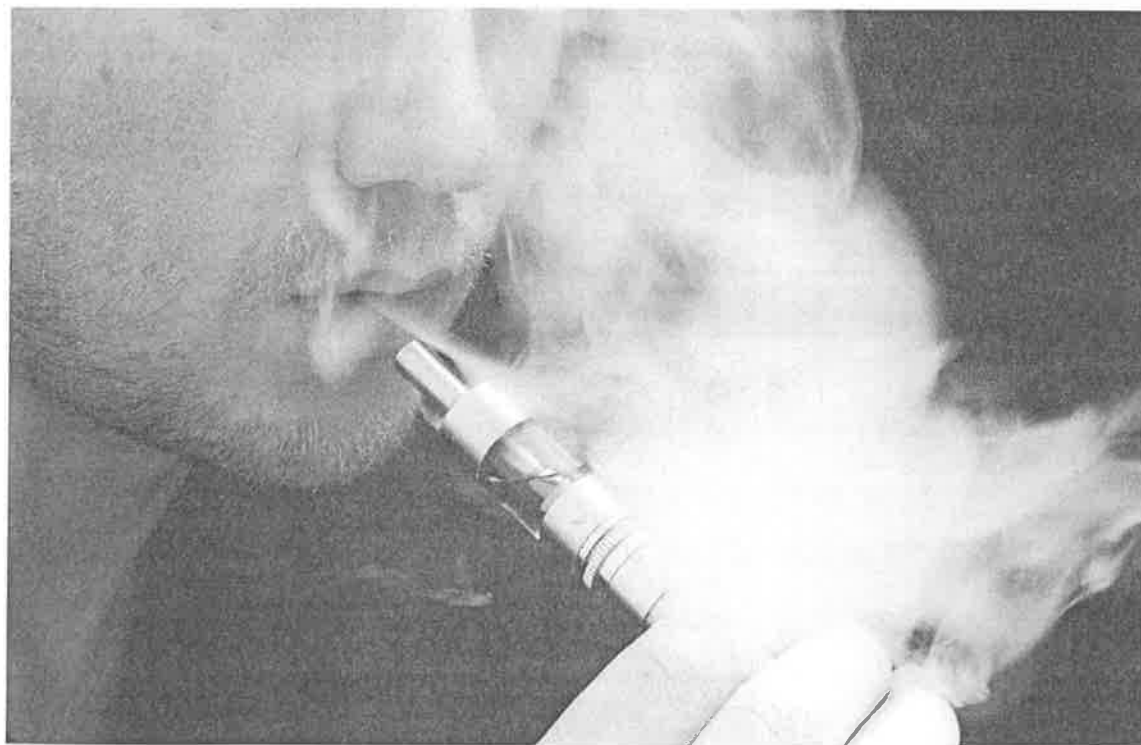


Do E Cigarettes cause Lung injuries? \*

Yes

No

#Tobacco Exposed





Questions Responses 838

Total points: 20

No

#Tobacco Exposed



Do you think E Cigarettes play a vital role in cessation of smoking tobacco? \*

Yes

No

It's still debated





Questions Responses 838

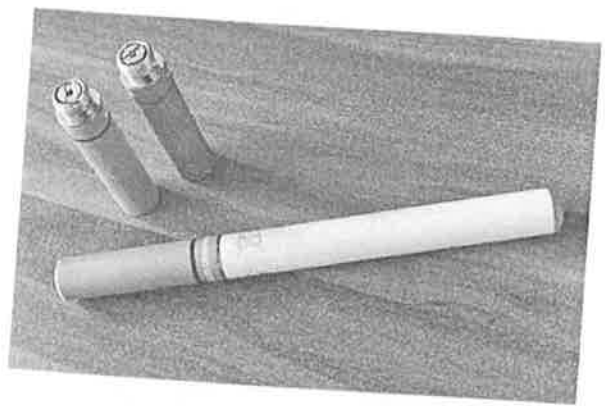
Total points: 20



Do you know the recommendations of WHO for countries to regulate use of E cigarettes? \*

- Yes
- No

#Tobacco Exposed



After section 5 Continue to next section

Section 6 of 6

# Health benefits of smoking cessation

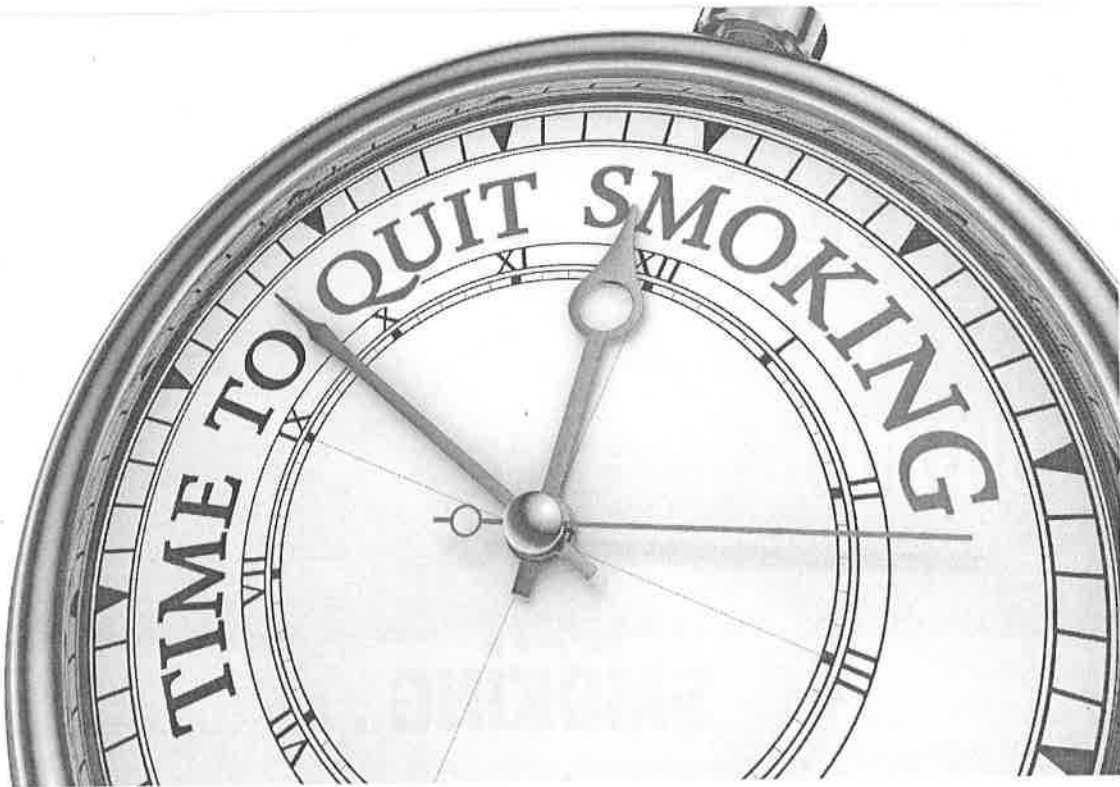
Description (optional)





Questions Responses 838

Total points: 20



Are there immediate and long term health benefits of quitting for all smokers? \*

Yes

No





Questions Responses 838

Total points: 20



Can people of all ages, who have already developed smoking-related health problems still benefit from quitting?

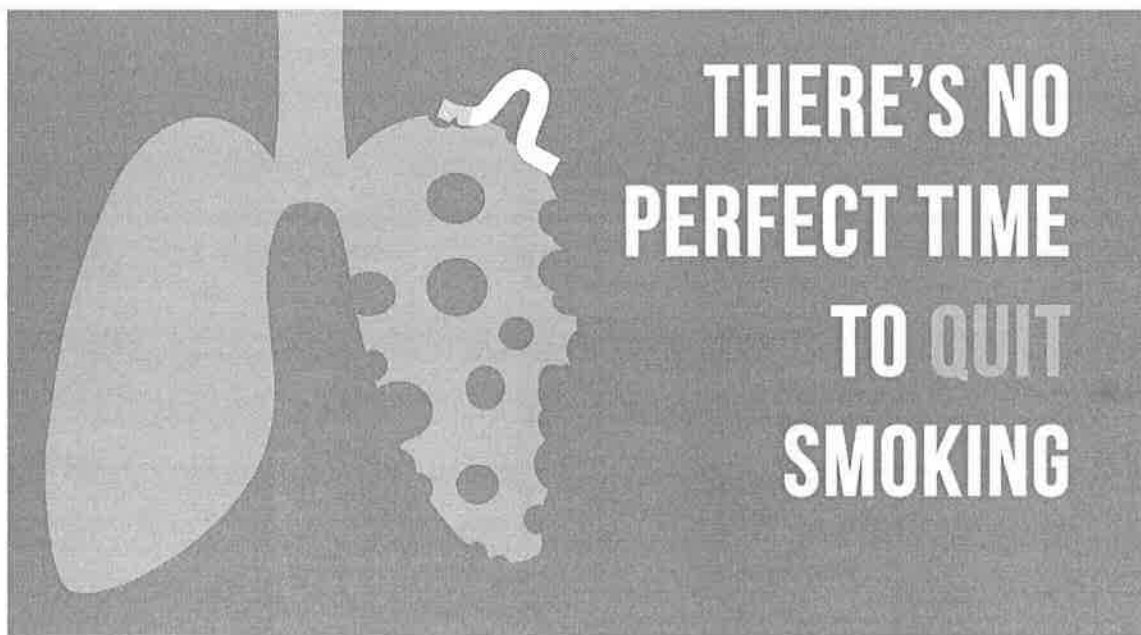
- Yes
- No





Questions Responses 838

Total points: 20



Are there any other benefits of quitting smoking? \*

Yes

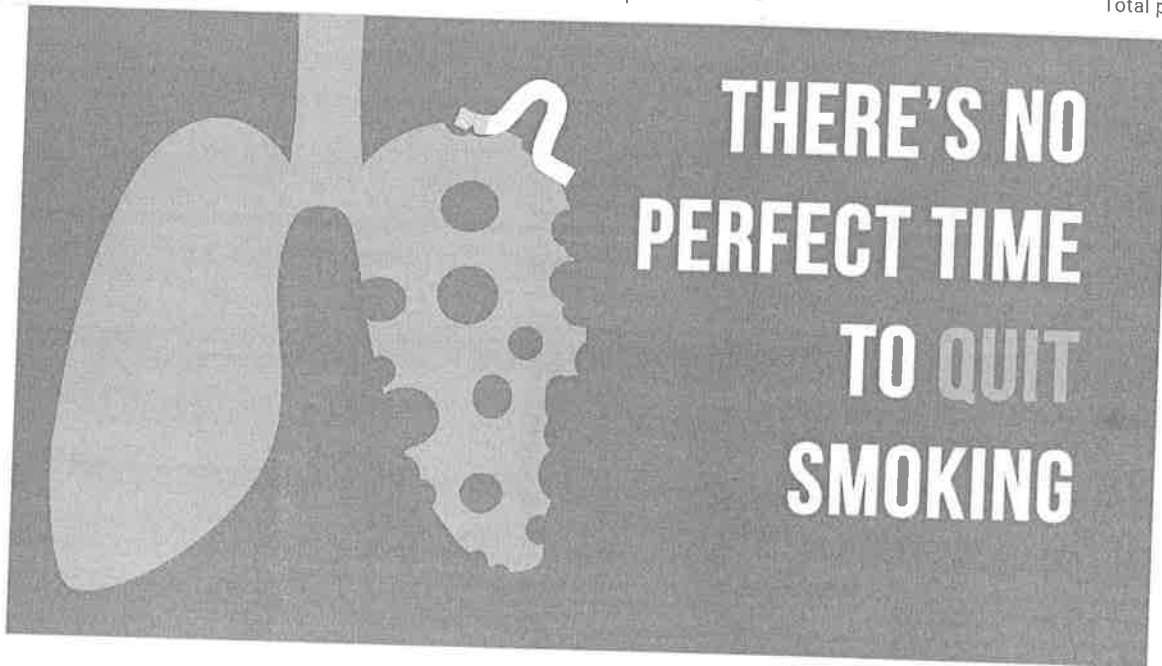
No





Questions Responses 838

Total points: 20



Are there any other benefits of quitting smoking? \*

Yes

No





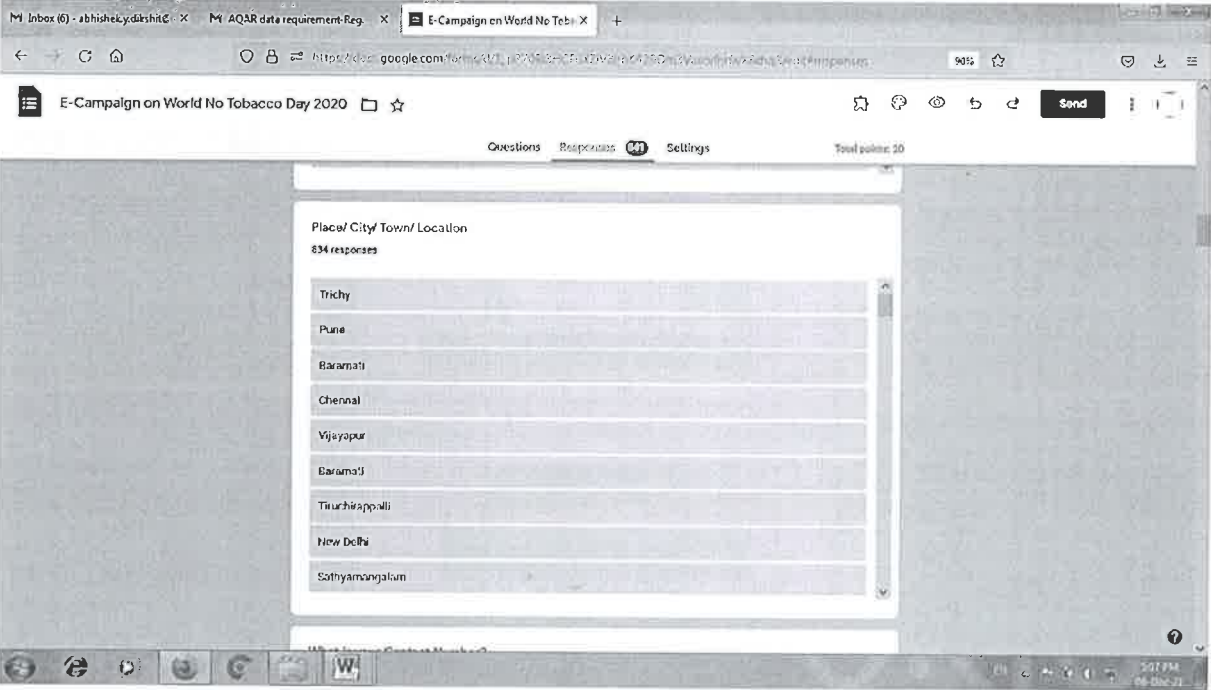
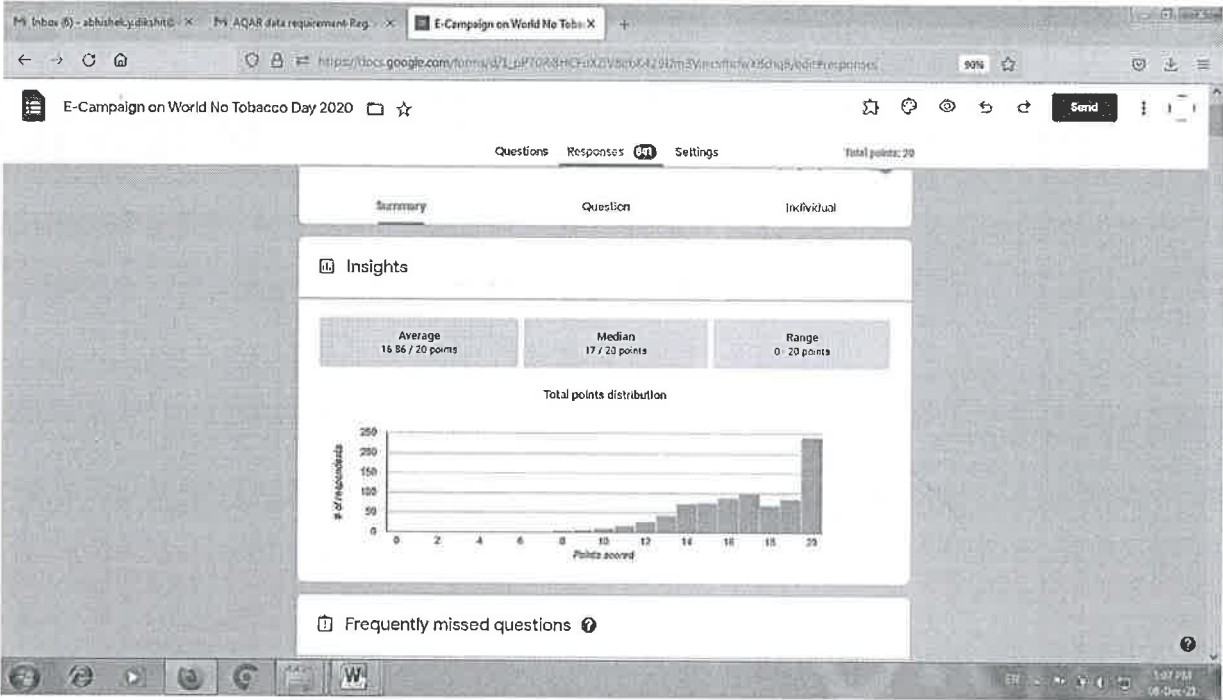
Questions Responses 838

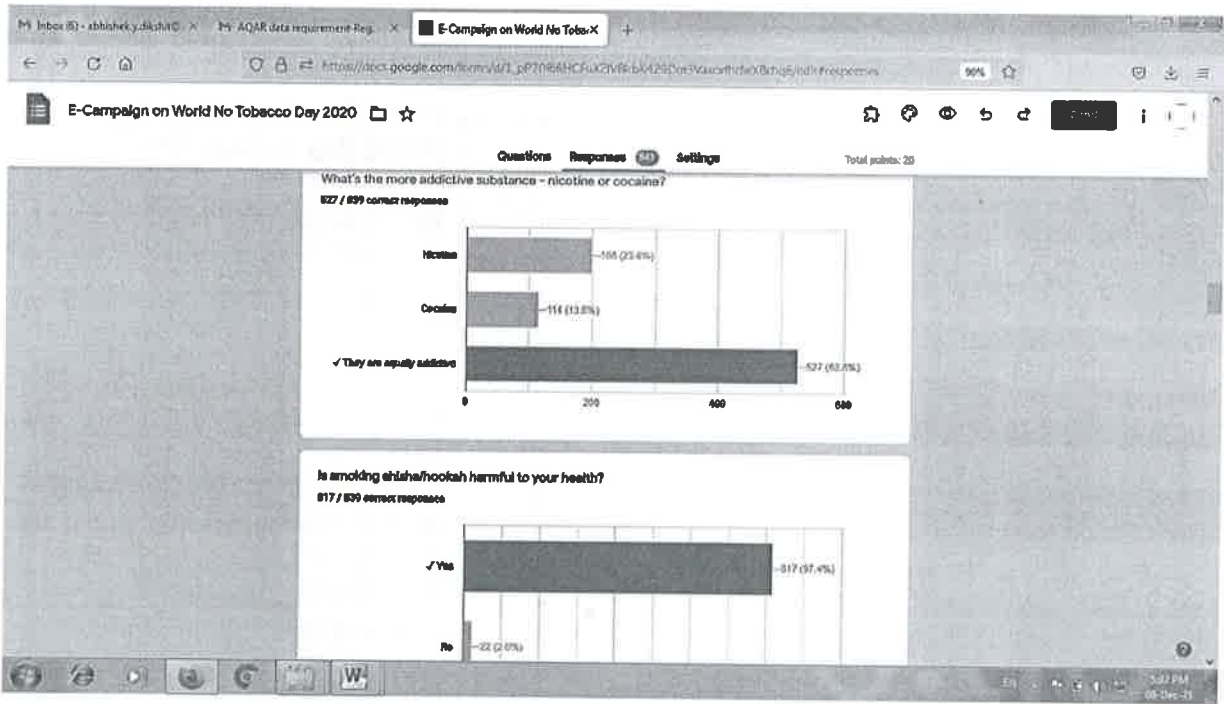
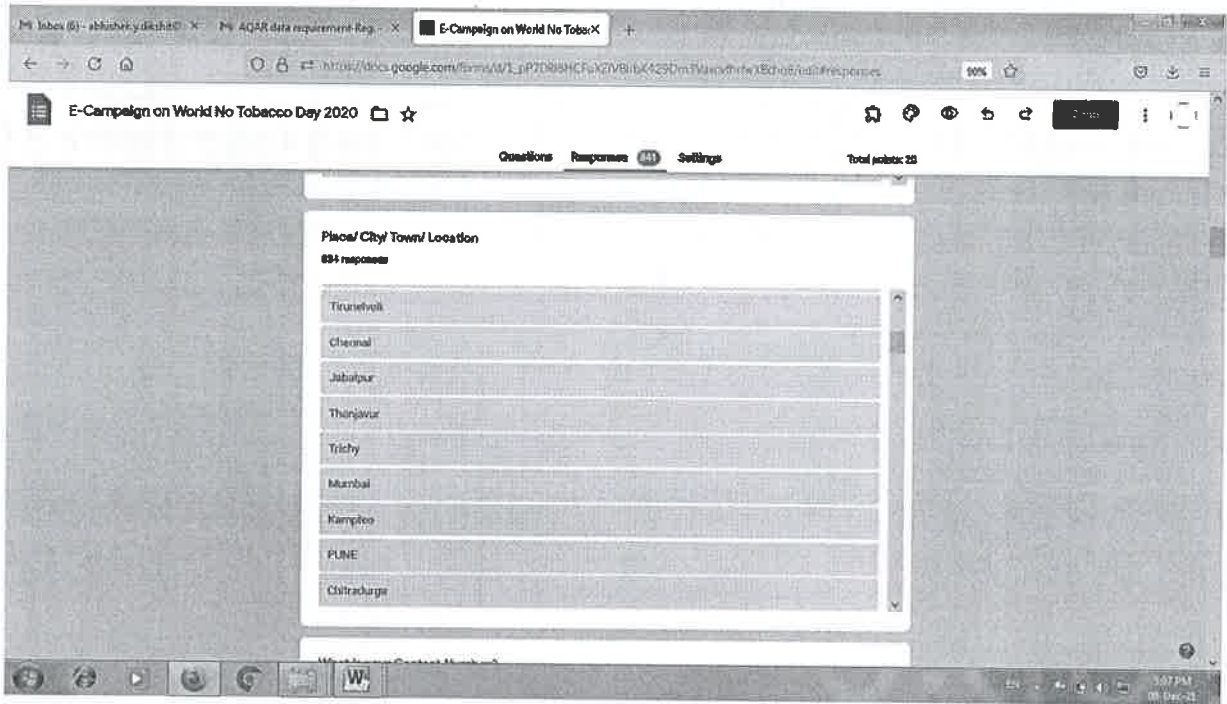
Total points: 20

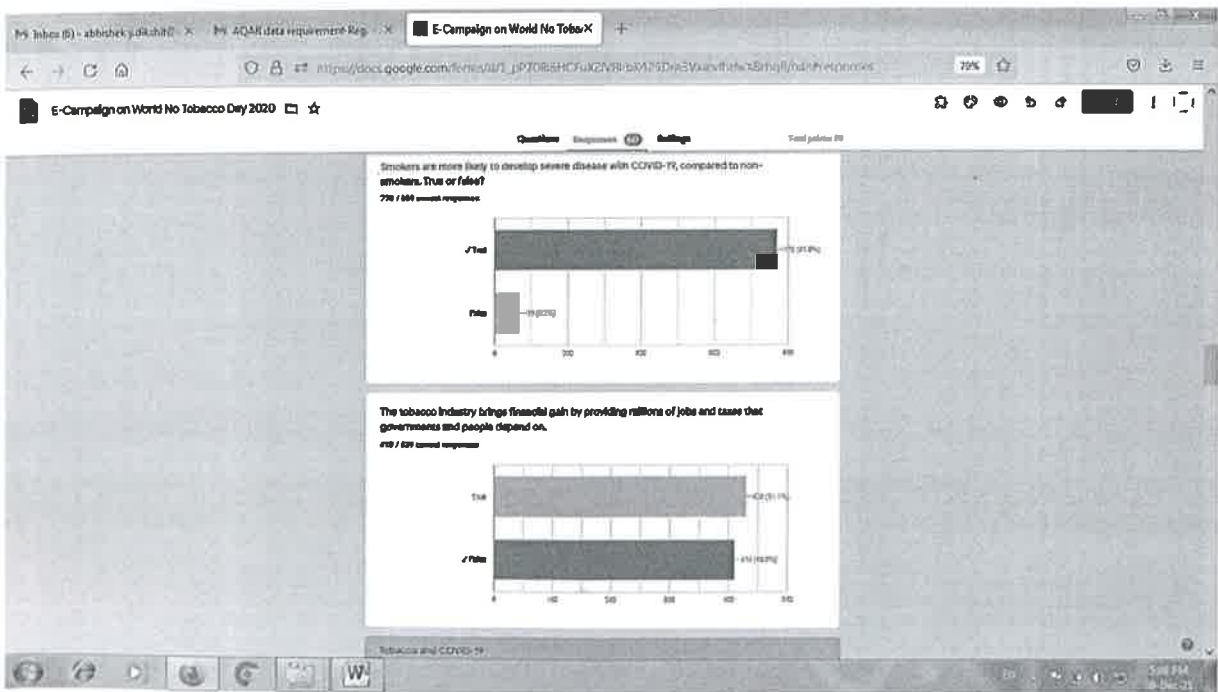
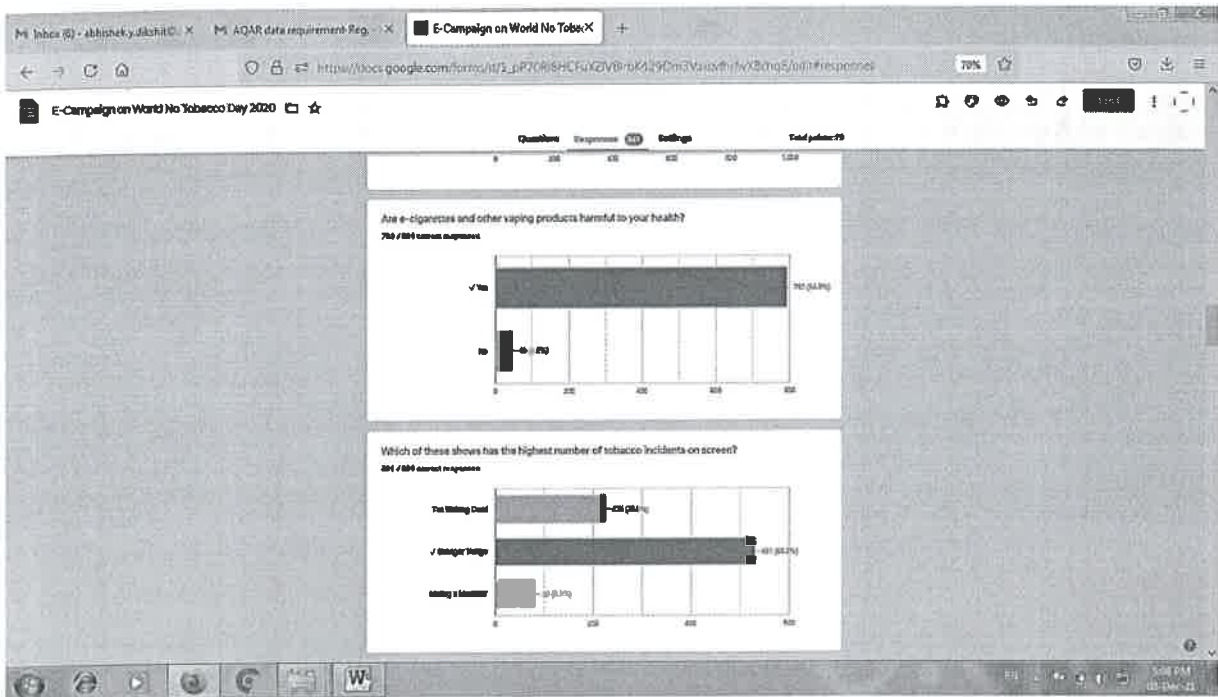


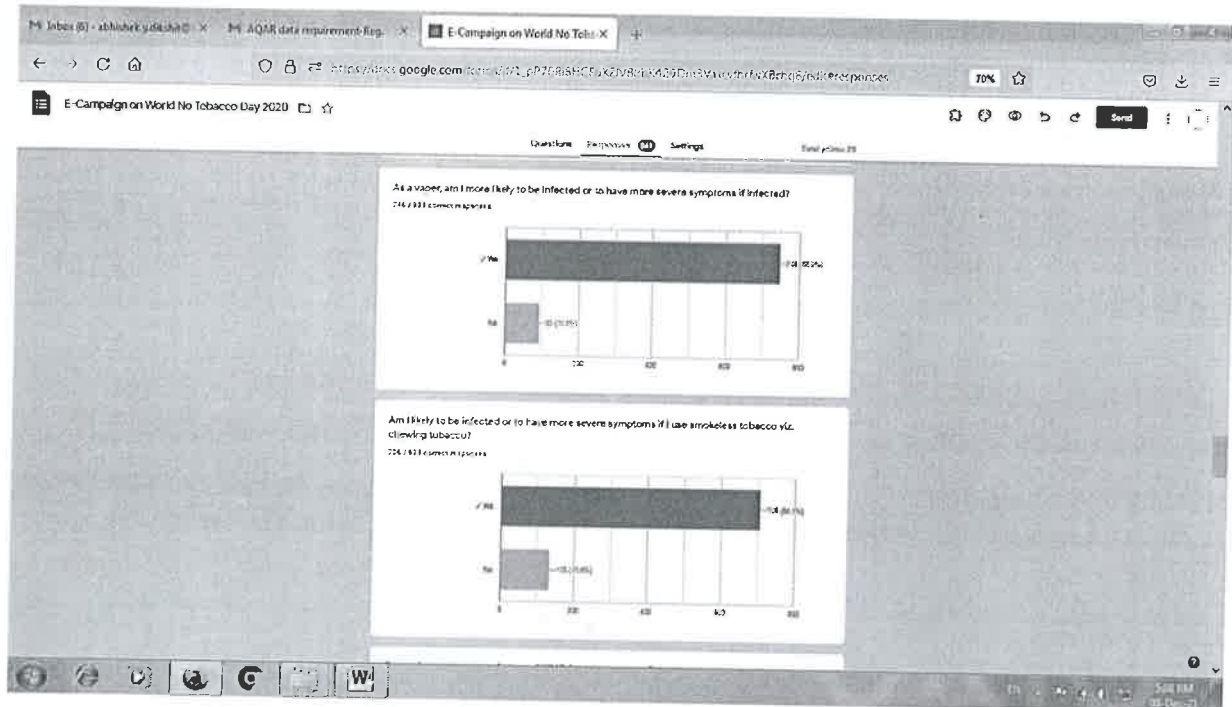
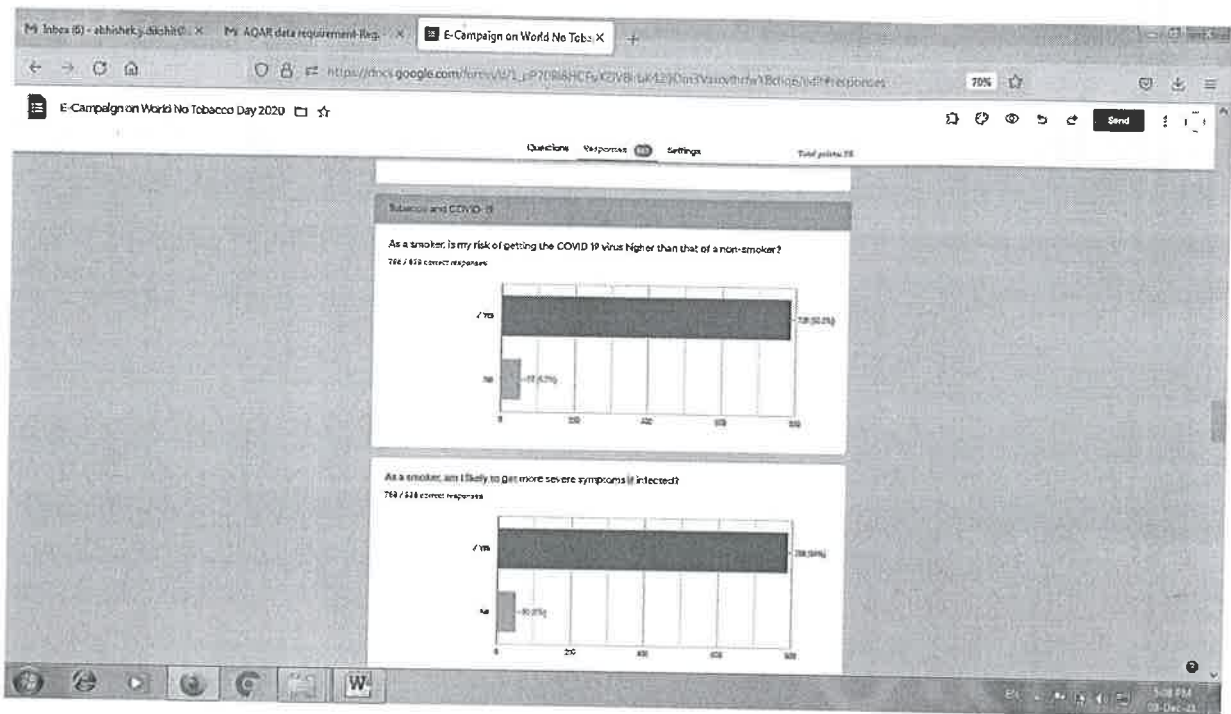


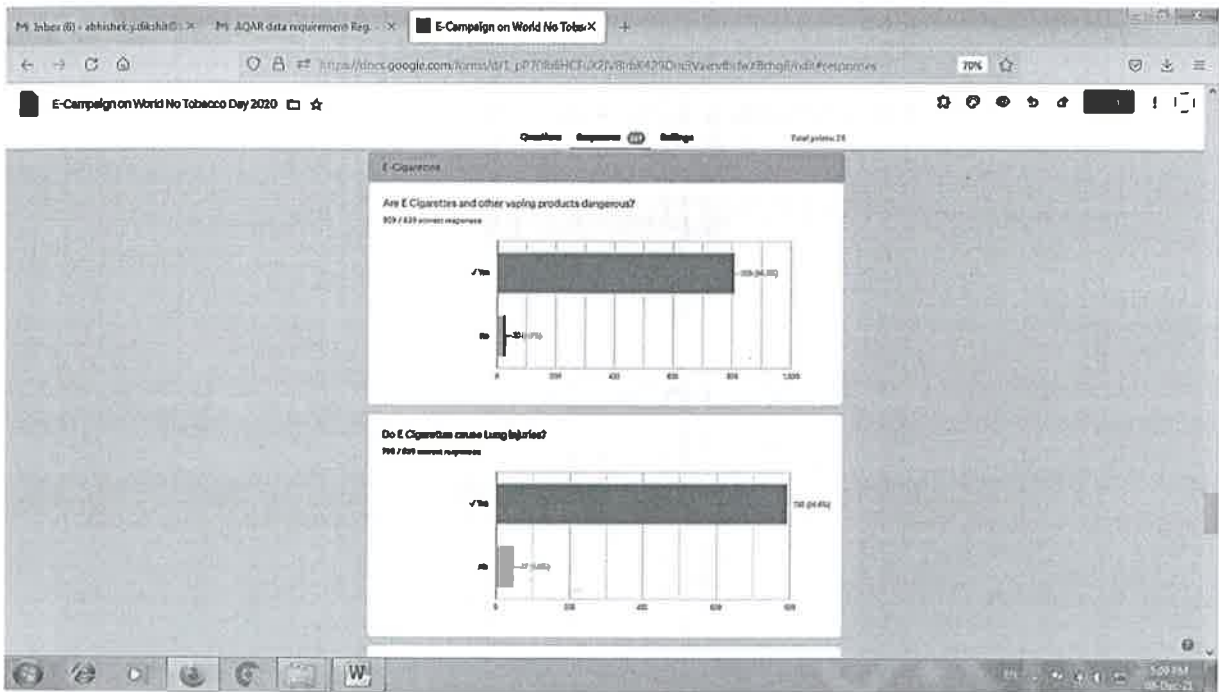
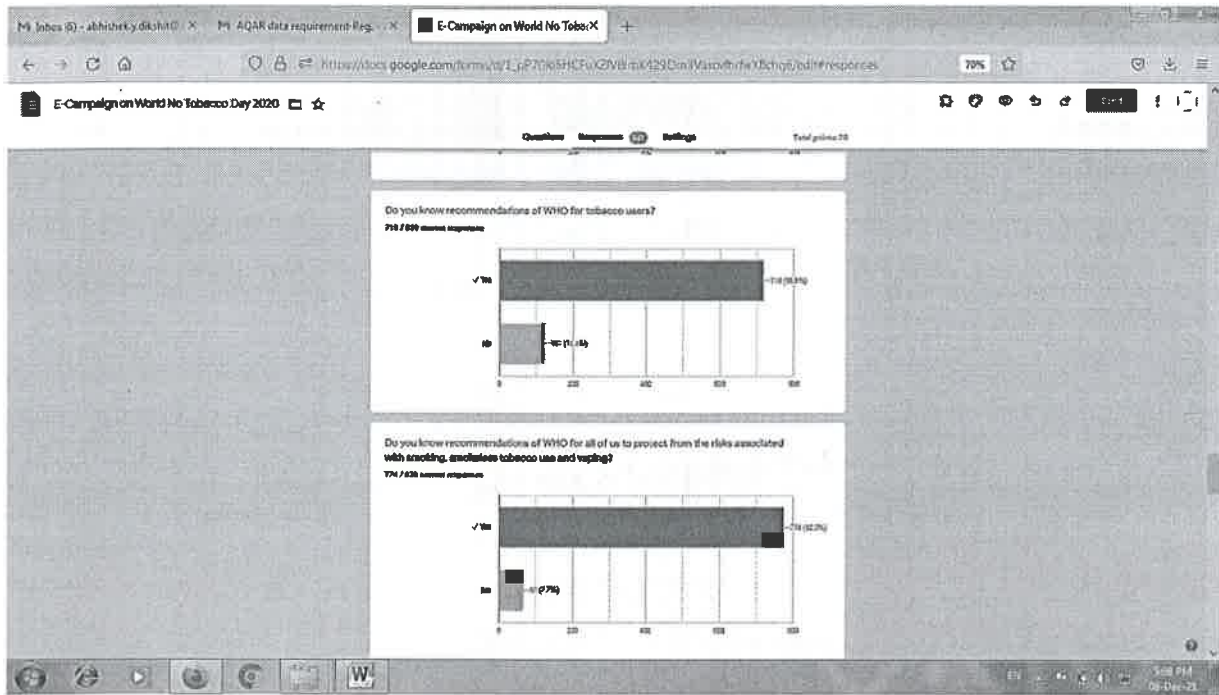
# Analysis Report

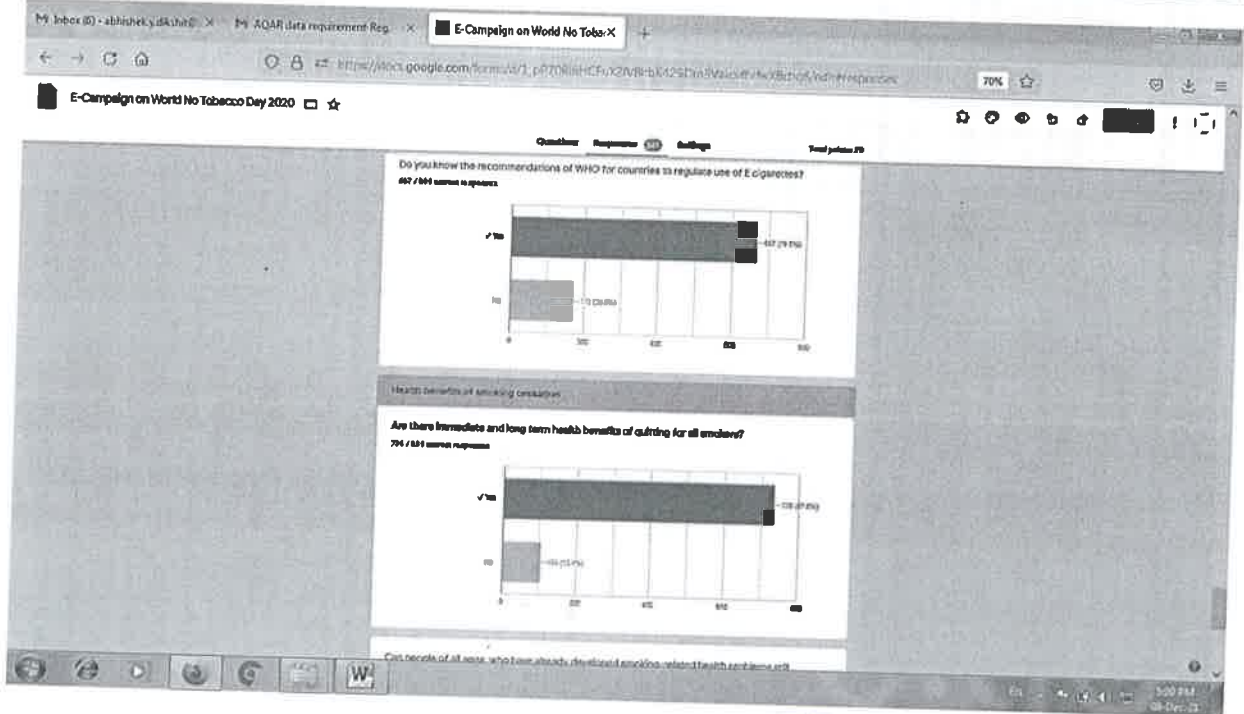
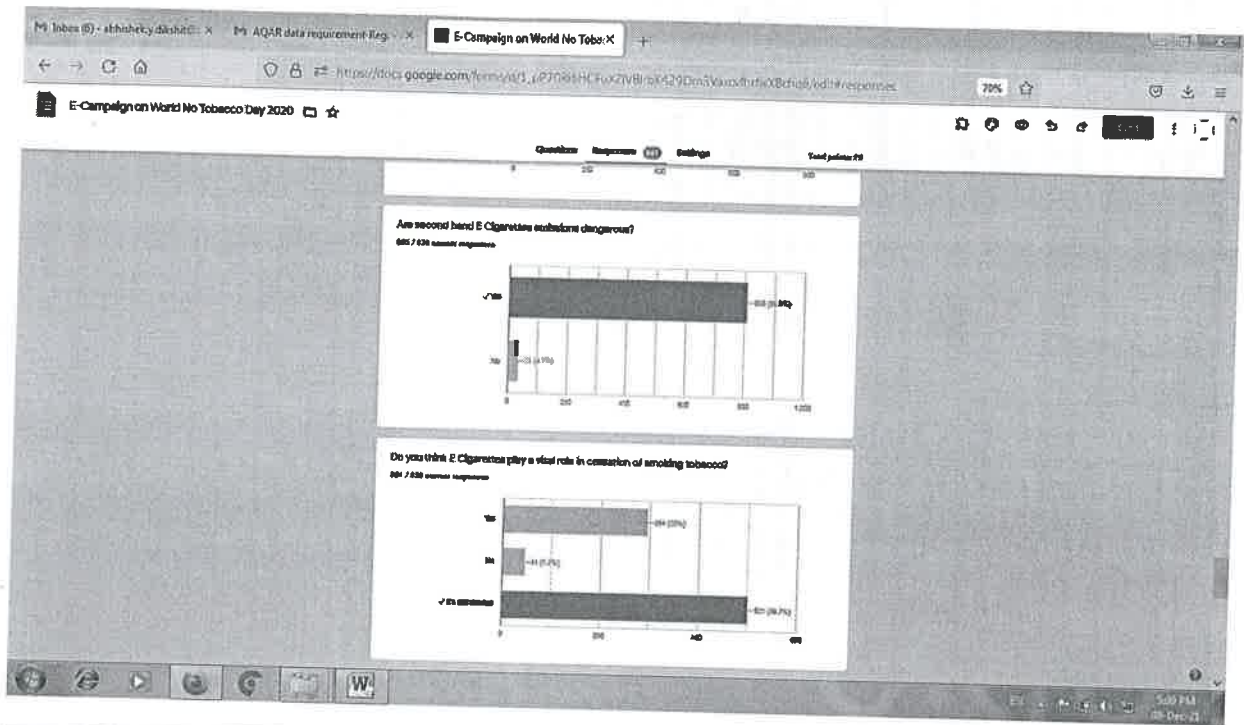


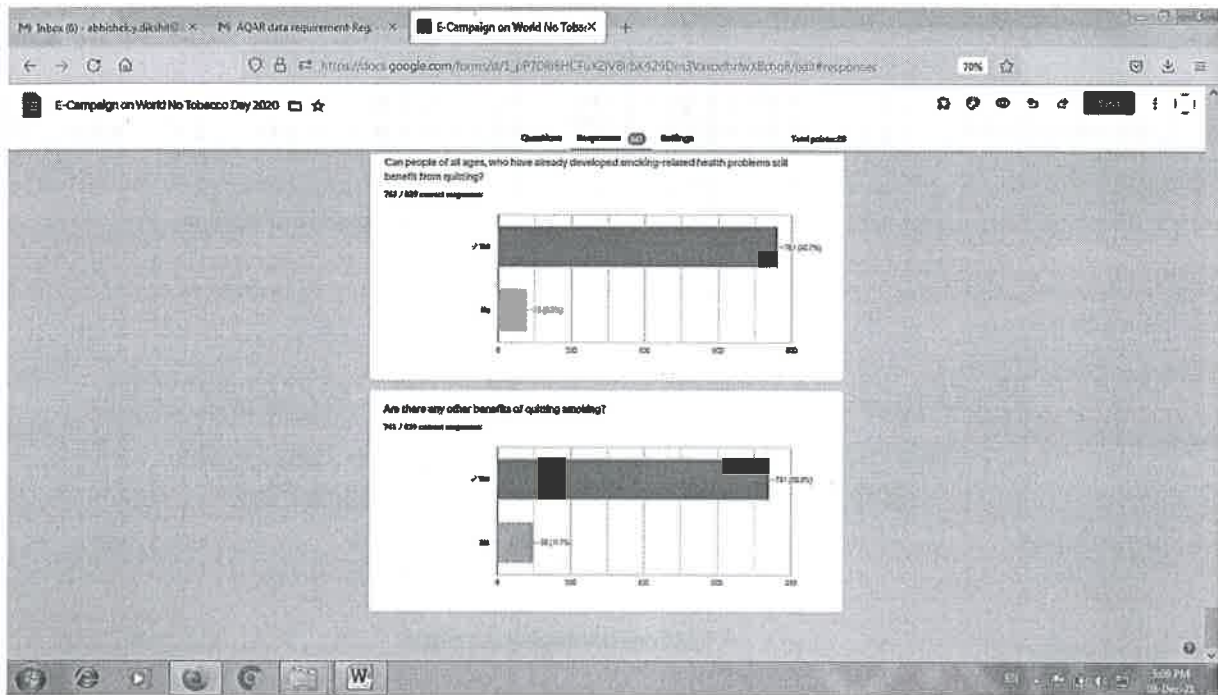












**E-Campaign on World No Tobacco Day 2020**  
1 message

ABES Baramati - abhishek.dishit@abesbaramati.org  
7c.rivarnale2006@gmail.com

Mon, Feb 8, 2021 at 9:54 PM

Dear Participant,  
Hearty Congratulations...  
Your Certificate of Participation is attached herewith.  
On this World No Tobacco Day 31st May 2020 - Let us pledge "Say No to Tobacco".  
Share the Link with your friends and well wishers...  
Regards,  
Dr. Abhishek Dishit  
Program In-Charge  
Associate Professor  
A.E.S's AMB Baramati

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Certificate for Riva Rozario for "World No Tobacco Day - 31.5.20".pdf  
110K





Anekant Education Society's  
Anekant Institute of Management Studies (AIMS)  
A.E.S. Campus, T.C., College Road, Baramati Dist Pune - 431002 Maharashtra  
Phone : (02112) 227299 Website: www.aimsaramati.org Contact us: director@aimsaramati.org

## Certificate of Participation

This is to certify that

*Kuheli Bhowmick*

*Sapthagiri college of engineering Bangalore, BENGALURU*

has participated actively with the score 70% in the  
E-Campaign on World No Tobacco Day  
Awareness Quiz Program  
Conducted on 18-7-2020

Associate Professor  
Dr. A. Y. Dikshit

Certificate ID: XBCIIQ8-CE000806

Dr. M. A. Pathori  
Director



Anekant Education Society's  
Anekant Institute of Management Studies (AIMS)  
A.E.S. Campus, T.C., College Road, Baramati Dist Pune - 431002 Maharashtra  
Phone : (02112) 227299 Website: www.aimsaramati.org Contact us: director@aimsaramati.org

## Certificate of Participation

This is to certify that

*Himadri Pal*

*PMNM Dental College and Hospital, Bagalkot*

has participated actively with the score 80% in the  
E-Campaign on World No Tobacco Day  
Awareness Quiz Program  
Conducted on 14-6-2020

Associate Professor  
Dr. A. Y. Dikshit

Certificate ID: XBCIIQ8-CE000799

Dr. M. A. Pathori  
Director





Date: 23/05/2020

To,  
The Director,  
AIMS Baramati.

SUB: Report of Awareness Activity-Reg.

\*\*\*\*\*

Anekant Education Society's, Anekant Institute of Management Studies(AIMS), Baramati, has organized this QUIZ Programme. The IQAC of AIMS has took initiative and conducted this activity with the objective to reduce COVID- 19 infection and recover INDIA early.

It is our responsibility to aware about prevention of spreading COVID-19.

Physical reaching is not possible due to social distancing. This online awareness program will create a 'Work from Home' opportunity.

# Let's break the chain of COVID-19 !

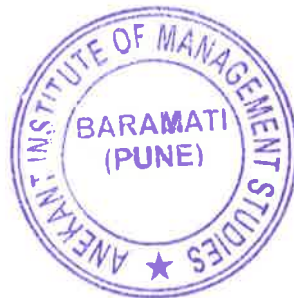
#Thanking You for your Participation!

#We request you to be a part of this activity and get certificate on your registered email from the Institute.

#Regards,



Coordinator, AIMS Baramati.





← → ↻ docs.google.com/forms/d/1O4AeImdlPQZNE.../edit

COVID-19 ☆

Questions Responses **5/20** Settings Total points: 10

Section 1 of 3

### "COVID -19" Awareness Quiz Programme

Aneka Education Society's, Aneka Institute of Management Studies(AIMS), Baramati, has organized this QUIZ Programme. The IQAC of AIMS has took initiative and conducted this activity with the objective to reduce COVID- 19 infection and recover INDIA early.

It is our responsibility to aware about prevention of spreading COVID-19. Physical reaching is not possible due to social distancing. This online awareness program will create a 'Work from Home' opportunity.

# Let's break the chain of COVID-19 |  
#Thanking You for your Participation|  
#We request you to be a part of this activity and get certificate on your registered email from the Institute.  
#Regards,  
Dr. M. A. Lehari,  
Director,  
AIMS Baramati.

Email \*

Valid email

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Anekant Education Society's



## Anekant Institute of Management Studies (AIMS)

Anekant Education Society Campus, T. C. College Road, Baramati Dist-Pune  
Contact: 02112-227299 Email: [director@aimsaramati.org](mailto:director@aimsaramati.org) website: [www.aimsaramati.org](http://www.aimsaramati.org)

### "COVID -19" Awareness Quiz Programme

## Certificate of Participation

Akshay Naik has participated in "COVID -19" Awareness Quiz Programme on AIMS Baramati.



IQAC Coordinator,  
AIMS, Baramati

Certificate ID:ETXK8M-CE000512

Dr. M. A. Labadi  
Director

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