



UNNAT BHARAT ABHIYAN

PARTICIPATING INSTITUTE

SARDAR VALLABHBHAI NATIONAL INSTITUTE OF TECHNOLOGY, SURAT

PROGRESS REPORT

AUGUST, 2020

UBA Coordinator's Name: Dr. Krupesh A. Chauhan

UBA Co-Coordinator's Name: Dr. Shweta N. Shah

Email: piuba@svnit.ac.in

Phone Number: 0261 220 4303

Sr. No.	ADOPTED VILLAGES	TALUKA(Block)	DISTRICT
1	MORA	CHORYASI	SURAT
2	RAJAGARI		
3	SUVALI		
4	JUNAGAM		
5	BHATLAI		

List of Activities:

ACTIVITY 1:

Title of the Activity: Webinar on “My Life My Yoga: 3 Step Rhythmic Breathing”, Aatma Nirbhar Bharat & FIT India Movement” for healthy mental & physical fitness through rhythmic breathing technique (3SRB).

Need of the Activity: Unnat Bharat Abhiyan Cell, SVNIT, Surat has organized a webinar for improving of mental & physical health and fitness through rhythmic breathing technique and invited to all UBA participating Institutes, UBA adopted villagers and volunteer citizens from Surat city.

Brief Description (Need/Impact/Action/Picture (if any)): This webinar has been organised at 6 pm to 7 pm on every Thursday of moth of August, 2020 with a view



to circulate the knowledge, benefits of Yoga, Rhythmic Breathing Exercises in health and fitness.

Speaker: Dr. Krupesh A. Chauhan, UBA Coordinator, UBA Cell, SVNIT, Surat

Email: kac3srb@gmail.com

Mob: +91 97277 12357

Join Webex Meeting by clicking on the following link (Common for every Thursday)

<https://meetingsapac13.webex.com/meetingsapac13/j.php?MTID=mfde3399bc229e4cba664720f0cd0e36c>

Sr. No.	Date of Webinar	Topic of Webinar	Venue	Participants
1	6 th August, 2020	Webinar on “My Life My Yoga: 3 Step Rhythmic Breathing”	Cisco Webex Meetings	17
2	13 th August, 2020	Webinar on “My Life My Yoga: 3 Step Rhythmic Breathing”	Cisco Webex Meetings	28
3	20 th August, 2020	Webinar on “My Life My Yoga: 3 Step Rhythmic Breathing”	Cisco Webex Meetings	21
4	27 th August, 2020	Webinar on “My Life My Yoga: 3 Step Rhythmic Breathing”	Cisco Webex Meetings	33

The report of webinar on “My Life My Yoga: 3 Step Rhythmic Breathing, Aatma Nirbhar Bharat & FIT India Movement” are as follow:

Unnat Bharat Abhiyan, Participating Institute, SVNIT, Surat has organized webinar on “My Life My Yoga: 3 Step Rhythmic Breathing, Aatma Nirbhar Bharat & FIT India Movement” by Cisco Webex Meetings application and invited all faculties and students of Institutes across the India UBA Participating Institutes, UBA adopted villagers, Volunteers from Surat City to participate in program for healthy mental & physical fitness through rhythmic breathing technique (3SRB).



UBA Cell, SVNIT, Surat has used Cisco Webex meetings platform with a view to create awareness among participants of various fields to use online webinar platforms like Zoom Cloud Meetings, Cisco Webex Meetings, Google Meet etc. whereas peoples have not to go anywhere to attend but they can participate in webinar with help of installed application in their Mobile / PC / Laptop.

- 1) Dr. Krupesh A. Chauhan, has started the webinar on 5:55 P.M. on every Thursday with heartily welcomed to all participants and given introduction of UBA Cell, SVNIT, Surat and spread the message to purchase and use Local and participate in “Aatma Nirbahar Bharat Abhiyan” as given by Hon’ble Prime Minister Shri. Narendra Modi for fighting against Corona Virus.

He has also instructed to all the participants to follow the “I too, am a Corona Warrior” the awareness program launched by Government of Gujarat.

- 2) Dr. Kruepsh A. Chauhan has described and explains the content of workshop of Total Health and explained various breathing exercises for improving mental as well as physical health. They had also guided exercises which can help our body to fight against Corona Virus with help of PPTs and reference Video and created awareness on FIT India Movement.

- 1) Scribe: Shri. S. N. Tavariya Sir
- 2) Role of ATR (Attentive Tension Relaxation Exercise)
- 3) Introduction: 3SRB (3 Step Rhythmic Breathing)
- 4) Refining Exercise
- 5) Sharing / Questions

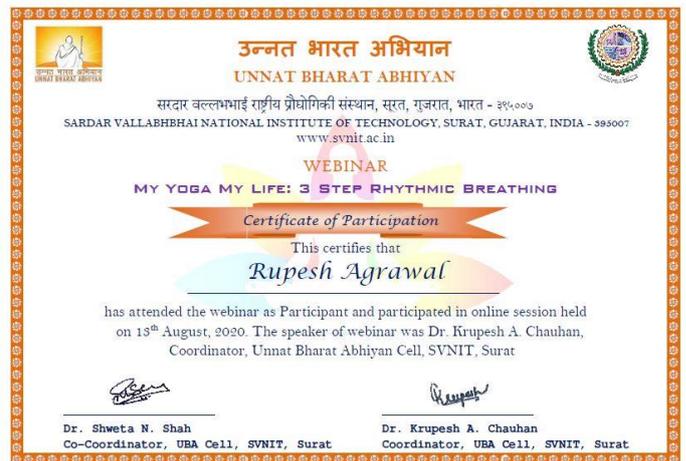
- 3) All participants have shared their experiences and benefits from Webinar Workshop and got solutions on their various questions related to 3SRB exercises by Dr. Krupesh A. Chauhan.

- 4) All participants have appreciated the work and efforts of UBA Cell, SVNIT, Surat for organising of webinar on “My Life My Yoga: 3 Step Rhythmic Breathing” program as part of FIT India Movement.

- 5) UBA Cell, SVNIT, Surat has provided the E-Certificate to all the Participants of Webinar.



6) The program has concluded with a view to meet for webinar on regular weekly basis on probably on every Thursday. The reference photo of E-Certificates, provided to all participants for every webinar.





Photographs of Webinar: “My Life My Yoga: 3 Step Rhythmic Breathing”, Aatma Nirbhar Bharat & FIT India Movement” hosted by UBA Cell, SVNIT, Surat held on every Thursday.

My Life My Yoga: 3 Step Rhythmic Breathing

Organized by

Unnat Bharat Abhiyan Cell

S. V. National Institute of Technology, Surat.

Webinar

06th August 2020, Thursday

Presentation By

Dr. Krupesh A. Chauhan

Coordinator UBA cell, SVNIT, Surat, Gujarat.

Mob:97277 12357

E-Mail – kac@ced.svnit.ac.in

COVID-19 Lockdown



“Be Vocal about Local”

Aatm Nirbhar Bharat

Scribe: Shri S. N. Tavaría Sir

|| Om Satyam Param Dhimahi ||

Education

- B.E Mechanical Engineering
- B.E Electrical Engineering
- Master of Arts
- Mastery in Homeopathy with new perception

Books Written

- Yoga Sutra – Explanation and Exposition
- The Purpose of Birth and Death
- The inner Discipline
- Lectures on Yoga (Discourses-I,II,III,IV)



2nd March 1920 –
29th May 1994

Motto:

**Breathe in Love
Breathe out Forgiveness**



Chandrabhedan Pranayam

Method:

- Rhythm: 36 breathes per minute

Steps:

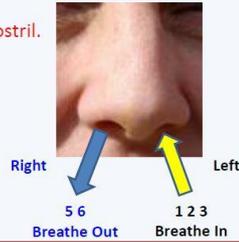
- A) block the right nostril with thumb and breathe in 1-2-3 from the left nostril.
- B) block the left nostril and breathe out 5-6 from the right nostril.
- repeat this cycle.

Note: We do not breathe in from the right nostril.

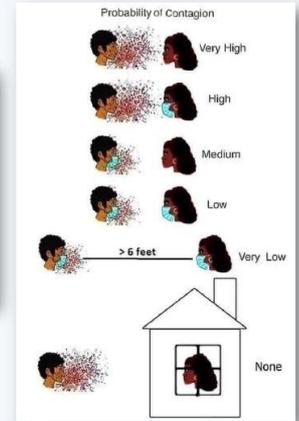
Duration: 5 minutes

Frequency: up to 3 times a Day.

Benefits: Increases the pH of blood and boost the immunity



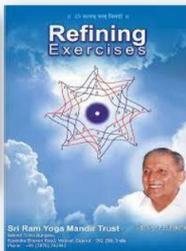
Stay at Home



References



<https://www.youtube.com/watch?v=wE3n5CN8QxM>



Websites:

<http://www.3stepbreath.com/>



<https://www.youtube.com/watch?v=2R2HEJw2OPo&t=1150s>

Stay Home, Stay Safe



GOOGLE PLAY APP STORE



<http://www.3stepbreath.com/>

Unnat Bharat Abhiyan Cell
S. V. National Institute of Technology, Surat.

By

Dr. Krupesh A. Chauhan
Coordinator UBA cell, SVNIT,
Surat, Gujarat.

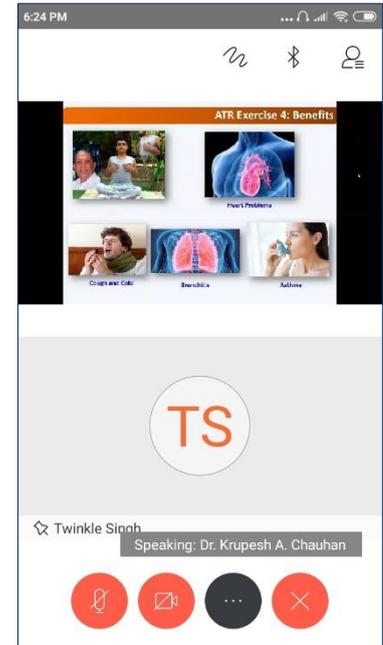
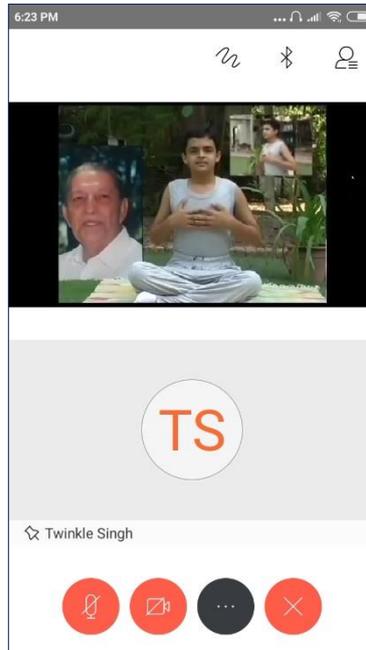
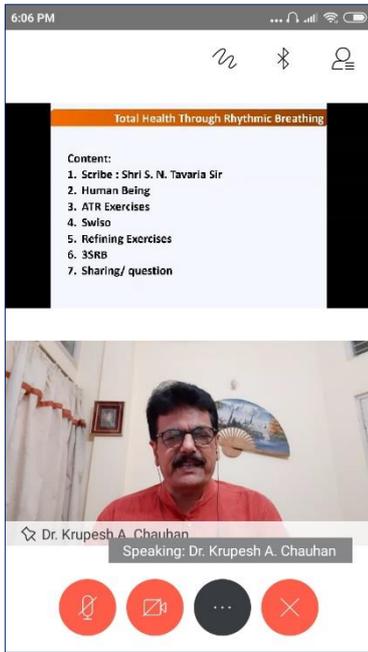
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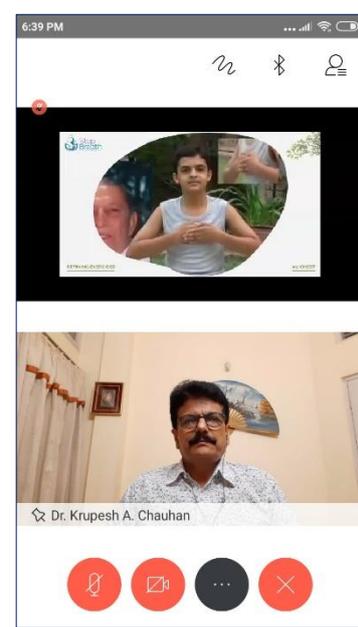
Thank You



Photographs of Webinar: “My Life My Yoga: 3 Step Rhythmic Breathing”, Aatma Nirbhar Bharat & FIT India Movement” hosted by UBA Cell, SVNIT, Surat held on 6th August, 2020



Photographs of Webinar: “My Life My Yoga: 3 Step Rhythmic Breathing”, Aatma Nirbhar Bharat & FIT India Movement” hosted by UBA Cell, SVNIT, Surat on 13th August, 2020





Photographs of Webinar: “My Life My Yoga: 3 Step Rhythmic Breathing”, Aatma Nirbhar Bharat & FIT India Movement” hosted by UBA Cell, SVNIT, Surat held on 20th August, 2020

Viewing Dr. Krupesh A. C... 's application

ATR Exercise 1

Focus Area:
Palms to Shoulders.

Feel the pain in that area.

Method:

- Firmly open both your palms and make tension in the fist of both the hands.
- Keep it for 15 sec & then release.
- Do it three times.



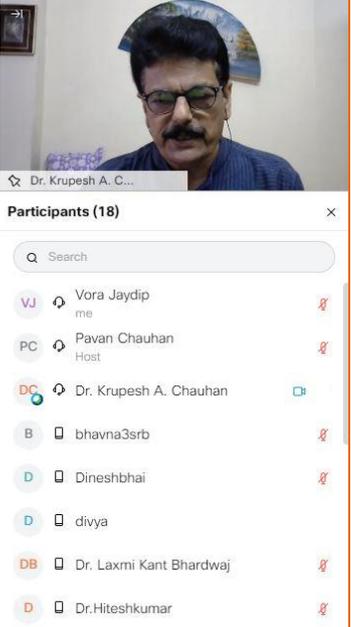


Viewing Dr. Krupesh A. C... 's application

ATR Exercise 2: Benefits










Photographs of Webinar: “My Life My Yoga: 3 Step Rhythmic Breathing”, Aatma Nirbhar Bharat & FIT India Movement” hosted by UBA Cell, SVNIT, Surat held on 27th August, 2020.

Viewing Dr. Krupesh A. C... 's application



REFINING EXERCISES

#5: SQUARE BREATHING

Participants (26)

Search

- VJ Vora Jaydip me
- PC Pavan Chauhan Host
- DC Dr. Krupesh A. Chauhan
- A Akanathkumar
- B bhavna3srb
- D Dineshbhai
- DT divyang trivedi

Viewing Dr. Krupesh A. C... 's application

Refining Exercise-5: Benefits

Physical :

- **Natural Antibiotic (free from colds, fever etc.)**

Emotional :

- **Free from state of action-reaction (pause-stop).**



Participants (26)

Search

- VJ Vora Jaydip me
- PC Pavan Chauhan Host
- DC Dr. Krupesh A. Chauhan
- A Akanathkumar
- B bhavna3srb
- D Dineshbhai
- DT divyang trivedi



ACTIVITY 2:

Title of the Activity: Webinar on “Women Empowerment through Social Entrepreneurship” on 4th August, 2020.

Need of the Activity: Sharing knowledge on sanitary pad manufacturing unit development project and women empowerment through social entrepreneurship.

Brief Description (Need/Impact/Action/Picture (if any)): Unnat Bharat Abhiyan, Participating Institute SVNIT, Surat has organised a webinar on “Women Empowerment through Social Entrepreneurship” for all Self-Help Group women of UBA adopted Villages.

Dr. Shweta N. Shah, Co-coordinator, UBA Cell, SVNIT, Surat has welcomed the speaker of webinar Ms. Swati Bedekar from Vatsalya Foundation, Vadodara who has been helping more than 107 units of sanitary pad manufacturing units throughout the India.

Ms. Swati Bedekar has explained the necessity of sanitary pad in menstrual period. She had also described rural condition in using of sanitary pads. According to present situation very few girl and ladies are using the sanitary pad. She had explained step by step implementation procedure for establishment of low-cost sanitary pad manufacturing unit in village including all cost.

The Choryasi Taluka Livelihood Manager Smt. Falguniben Desai has also encouraged the SHG women participants for support to establishment of sanitary pad manufacturing project in UBA adopted Villages.



ACT



ACTIVITY 3:

Title of the Activity: Tree Plantation in Rajagari Village on 5th August, 2020 and in Bhatalai Village on 6th August, 2020 by UBA Cell, SVNIT, Surat and Village SHG Women.

Need of the Activity: To sharing awareness on native tree plantation for promotion of balance eco-system.

Brief Description (Need/Impact/Action/Picture (if any)): Unnat Bharat Abhiyan Cell, SVNIT, Surat has organised native tree planation program with help of village Self Help Group of women and Taluka Livelihood Manger Smt. Falguniben Desai. The programme has started by invitation to all the villagers by following invitation card.



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INVITATION
Tree Plantation
Venue: Rajagari Village

5th August, 2020
Wednesday | 1:00 p.m. Onwards

Coordination:

1. Rajagari Gram Panchayat & all Villagers
2. Smt. Falguniben Desai, Choryasi Taluka Livelihood Manager
3. Unnat Bharat Abhiyan Cell, SVNIT, Surat

(Image of hands holding a sapling)

(Image of various trees)



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INVITATION
Tree Plantation
Venue: Bhatalai Village

6th August, 2020
Thursday | 1:00 p.m. Onwards

Coordination:

1. Bhatalai Gram Panchayat & all Villagers
2. Smt. Falguniben Desai, Choryasi Taluka Livelihood Manager
3. Unnat Bharat Abhiyan Cell, SVNIT, Surat

(Image of hands holding a sapling)

(Image of various trees)

Day 1: 5th August, 2020

In the Rajagari Village, about 100 native trees of Mango, Jambun, Khatti Amali, Gulmohar and Tulsi were planted by UBA Cell, SVNIT, Surat with SHG Women and Choryasi Taluka Lielihooof Mnager Smt. Falguniben Desai.



DAY 2: 6th August, 2020

In Bhatlai Village, about 150 native trees of Mango, Jambun, Badam, Gulmohar and Tulsī were planted by UBA Cell, SVNIT, Surat with SHG Women and Choryasi Taluka Likelihood Manger Smt. Falguniben Desai.







manufacturing unit. He has also said that the Village Organisation (VO) of Rajagari Village is eligible for funding from Mission Managlam Grant. The total project cost is Rs. 4,33,248/- in which Rs. 1,00,000/- expected from UBA technological development project proposal (Submitted) and Rs. 3,33,248/- from Grant of Mission Managlam.



ACTIVITY 5:

Title of the Activity: Village map of Junagam Village collected from District Land Record Office, Surat for Lake Development project in Junagam

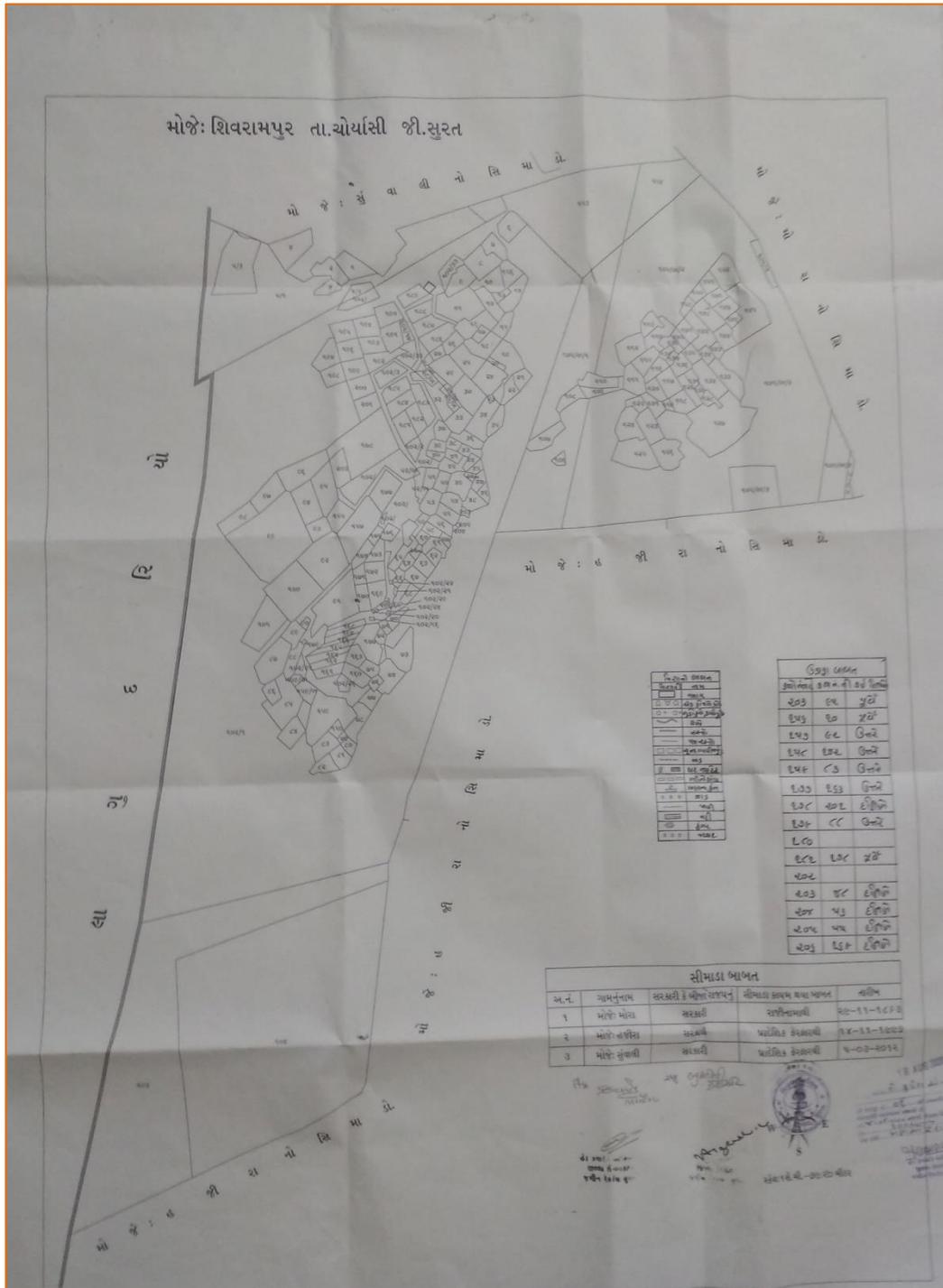
Need of the Activity: Map of Junagam is required for various area of intervention like lake development, promoting of Organic Farming, Livelihood marking and Implementation of Sustainable energy of Solar and Biogas in Junagam Village

Brief Description (Need/Impact/Action/Picture (if any)): UBA Cell, SVNIT, Surat has collected the map of Junagam village with financial support by Junagam Panchayat



and given Rs. 300 Government fees to District Land Record Office, Surat and collected the village map of Junagam Village.

The map will be utilized for various area of technical intervention like Lake development in Junagam village and other like Organic farming, livelihood marking, implementation of solar and biogas energy in the Junagam Village.





ACTIVITY 6:

Title of the Activity: Online meeting via. Google Meet of Faculty members, UBA Cell, SVNIT, Surat on 22nd August, 2020.

Need of the Activity: Unnat Bharat Abhiyan Cell, SVNIT, Surat has organized online meeting using Google meet platform for all faculty members of UBA Cell to review the ongoing work progress status and planning of future activities by UBA Cell, SVNIT, Surat

Brief Description (Need/Impact/Action/Picture (if any)): Unnat Bharat Abhiyan Cell, SVNIT, Surat has organised faculty members online meeting to review ongoing work progress and planning of future UBA activities. Total 6 members were present in meeting.

The meeting was started with welcome speech was given by Dr. Krupesh A. Chauhan, Coordinator, UBA Cell, SVNIT, Surat. He has said that team wise UBA work has allotted among all UBA faculty members and according to work suggested by group discussion as in previous meeting. The file was share by mail to each faculty members.

Dr. Bhavesh N. Gohil has represented team Maa Saraswati (Education) represented the current activity of assessment of primary schools of UBA adopted villages and after full assessment of school the team will make technology development proposal for improvement required in the schools. He had also said that he would like to be as speaker of webinar of “Internet and Online Payment Security” for UBA adopted villages

Dr. Khyati D. Mistry has represented team Surya (Sustainable Energy) has described ongoing work that making of PPT on “SURYA-Gujarat” scheme of Government of Gujarat. She had also announced that she will be as speaker of webinar on “Implementation of SURYA-Gujarat Scheme for UBA adopted villages and webinar will be organised within 15 days.

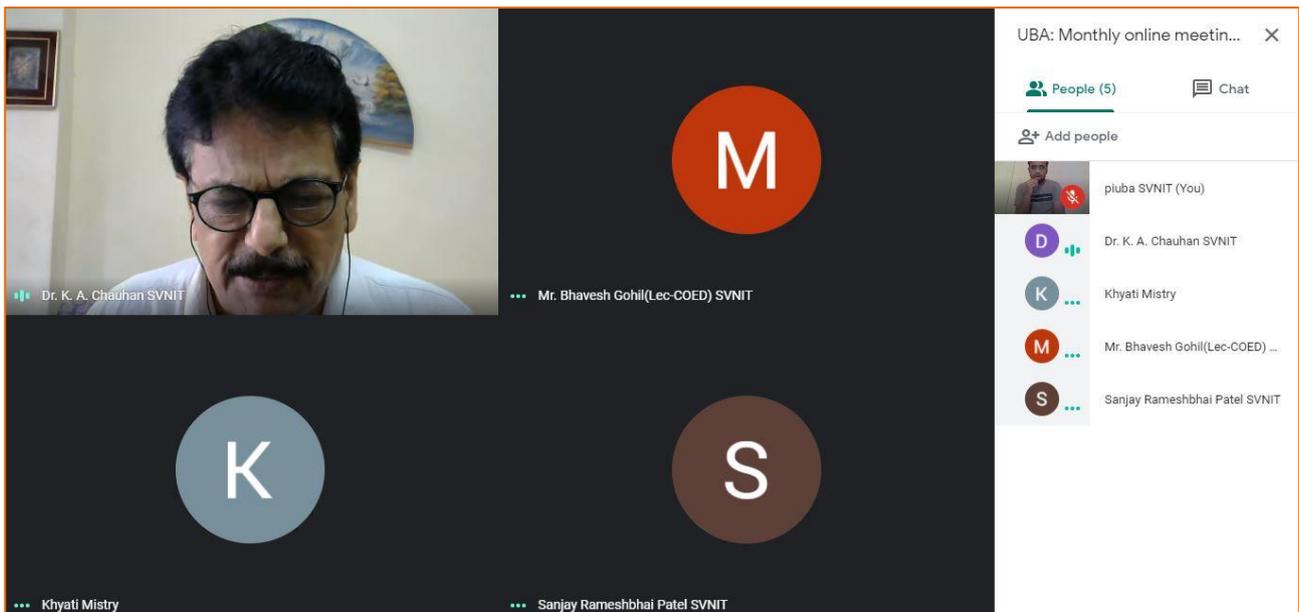
Dr. Manish K. Rathodand represented team Shakti (Livelihood & Entrepreneurship) and described ongoing activities of mask making, hand sanitizer making by SHG women group (Sakhi Mandal), they have shared the W.H.O. Guidelines to UBA Wahtsapp group.



Dr. Sanjay R. Patel represented team Bhumi (Agriculture & Organic Farming) has also announced that he will take one webinar for UBA adopted village farmers.

Dr. Krupesh A. Chauhan has represented team Pruthvi (Health & Environment) and described that he used to taking webinar entitled “My Life My Yoga: 3 Step Rhythmic Breathing” for improving total health (Physical and Mental both) on every Thursday since past three months for all Villagers, Faculty members and Students all over the country. He has given same plan for upcoming month of September, 2020.

Dr. Krupesh A. Chauhan, Coordinator of UBA Cell, SVNIT, Surat has concluded the Faculty members meeting by giving vote of thanks to all participants and announced that regular faculty meeting on Friday of every month’s second last week





Next action plan:

Sr. No.	Activity to be conducted (along with reason) in month of September, 2020
1	Webinar on “My Life My Yoga: 3 Step Rhythmic Breathing”, FIT India Movement on every Thursday at evening 6:00 pm onwards for strengthening total health and boosting the immunity system.
2	Webinar on “SURYA-Gujarat” for UBA adopted villages
3	Webinar for participants of “Unnat Project: "Vocal for Local" campaign to become "Aatma Nirbhar Citizen of Bharat"
4	Making and reporting of Solid Waste Management for Bhatlai village: “Swachh Bharat Mission”
5	Working on “Jal Shakti Abhiyan” through lake development at Junagam Village
6	Webinar on “Government Schemes” for UBA villagers and Institutes.

Dr. Shweta N. Shah
Co-coordinator,
UBA Cell, SVNIT, Surat

Dr. Krupesh A. Chauhan
Coordinator,
UBA Cell, SVNIT, Surat