



## UNNAT BHARAT ABHIYAN

### PARTICIPATING INSTITUTE

#### SARDAR VALLABHBHAI NATIONAL INSTITUTE OF TECHNOLOGY, SURAT

### PROGRESS REPORT

**JUNE, 2020**

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

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

**Email: [uba@svnit.ac.in](mailto:uba@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 "Total Health Through Rhythmic Breathing: COVID-19, Aatma Nirbhar Bharat Abhiyan & 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 month of June, 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=mcd681bcc10c61970a2ee496234983fd0>

Sr. No.	Date of Webinar	Topic of Webinar	Venue	Participants
1	4 <sup>th</sup> June, 2020	Total Health Through Rhythmic Breathing: COVID-19 (Aatma Nirbhar Bharat Abhiyan & FIT India Movement)	Cisco Webex Meetings	27
2	11 <sup>th</sup> June, 2020	Total Health Through Rhythmic Breathing: COVID-19 (Aatma Nirbhar Bharat Abhiyan & FIT India Movement)	Cisco Webex Meetings	34
3	18 <sup>th</sup> June, 2020	Webinar on “My Life My Yoga: 3 Step Rhythmic Breathing”	Cisco Webex Meetings	27

The report of webinar on “Total Health Through Rhythmic Breathing: COVID-19, Aatma Nirbhar Bharat Abhiyan & FIT India Movement” are as follow:



Unnat Bharat Abhiyan, Participating Institute, SVNIT, Surat has organized webinar on “Total Health Through Rhythmic Breathing: COVID-19, Aatma Nirbhar Bharat Abhiyan & 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. 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.

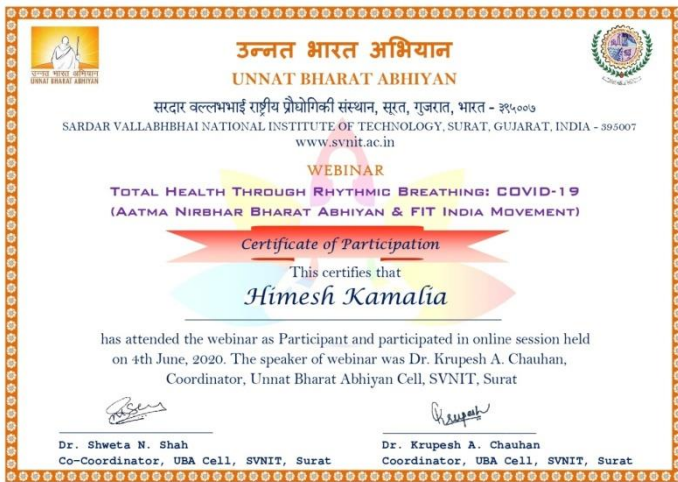
- 1) Scribe: Shri. S. N. Tavariya Sir
- 2) Role of ATR (Attentive Tension Relaxation Exercise)
- 3) Introduction: 3SRB (3 Step Rhythmic Breathing)
- 4) Refining Exercise
- 5) Sharing / Questions



- 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 “Total Health through Rhythmic Breathing: COVID-19” program as part of FIT India Movement.
- 5) UBA Cell, SVNIT, Surat has provided the E-Certificate to all the Participants of Webinar.

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.





## Total Health Through Rhythmic Breathing: COVID-19 (Aatmanirbhar Bharat)

Organized by  
**Unnat Bharat Abhiyan Cell**

**S. V. National Institute of Technology, Surat.**

Webinar  
4<sup>th</sup> June 2020, Thursday

### Presentation By

Dr. Krupesh A. Chauhan  
Coordinator UBA cell, SVNIT, Surat, Gujarat.  
Mob:97277 12357  
E-Mail – [kac@ced.svnit.ac.in](mailto:kac@ced.svnit.ac.in)

## Total Health Through Rhythmic Breathing: COVID-19 (Aatmanirbhar Bharat)

Organized by  
**Unnat Bharat Abhiyan Cell**

**S. V. National Institute of Technology, Surat.**

Webinar  
11<sup>th</sup> June 2020, Thursday

### Presentation By

Dr. Krupesh A. Chauhan  
Coordinator UBA cell, SVNIT, Surat, Gujarat.  
Mob:97277 12357  
E-Mail – [kac@ced.svnit.ac.in](mailto:kac@ced.svnit.ac.in)

## My Life My Yoga: 3 Step Rhythmic Breathing

Organized by  
**Unnat Bharat Abhiyan Cell**

**S. V. National Institute of Technology, Surat.**

Webinar  
18<sup>th</sup> June 2020, Thursday

### Presentation By

**Dr. Krupesh A. Chauhan**  
Coordinator UBA cell, SVNIT, Surat, Gujarat.  
Mob:97277 12357  
E-Mail – [kac@ced.svnit.ac.in](mailto:kac@ced.svnit.ac.in)

## Unnat Bharat Abhiyan Cell, SVNIT, Surat.

Webinar Coordinator

Participating Institute- SVNIT, Surat

Dr. Shweta N. Shah  
UBA Co - Coordinator

Dr. Krupesh A. Chauhan  
UBA Coordinator



In Association with

Regional Coordinating Institute- SVNIT, Surat

Dr. Manish K. Rathod  
Regional Co - Coordinator

Dr. K. D. Yadav  
Regional Coordinator



## 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)



2<sup>nd</sup> March 1920 –  
29<sup>th</sup> May 1994

Motto:  
**Breathe in Love**  
**Breathe out Forgiveness**



**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



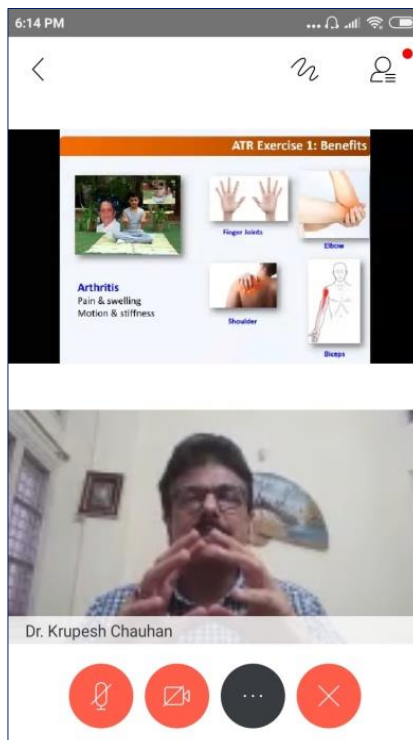
<http://www.3stepbreath.com/>

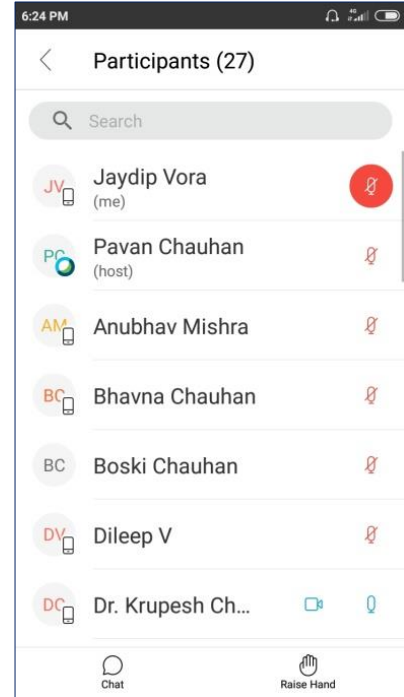
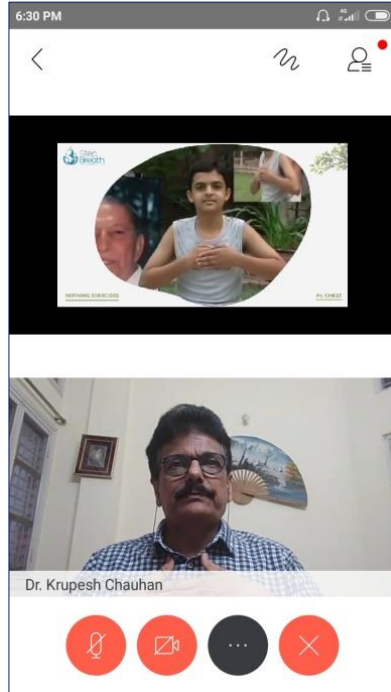
**Unnat Bharat Abhiyan Cell**  
**S. V. National Institute of Technology, Surat.**

**By**  
Dr. Krupesh A. Chauhan  
Coordinator UBA cell, SVNIT,  
Surat, Gujarat.  
Mob:97277 12357  
E-Mail – [kac@ced.svnit.ac.in](mailto:kac@ced.svnit.ac.in)

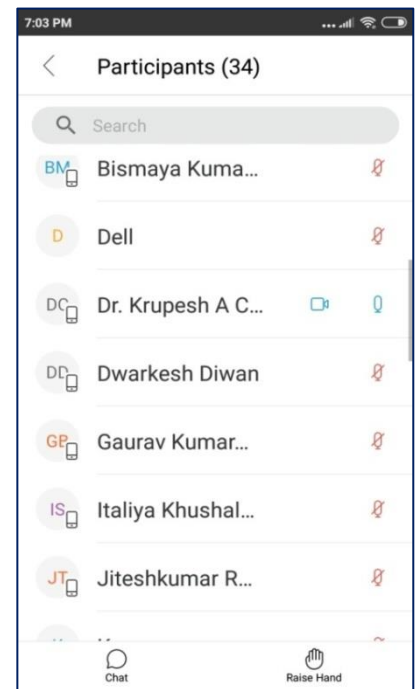
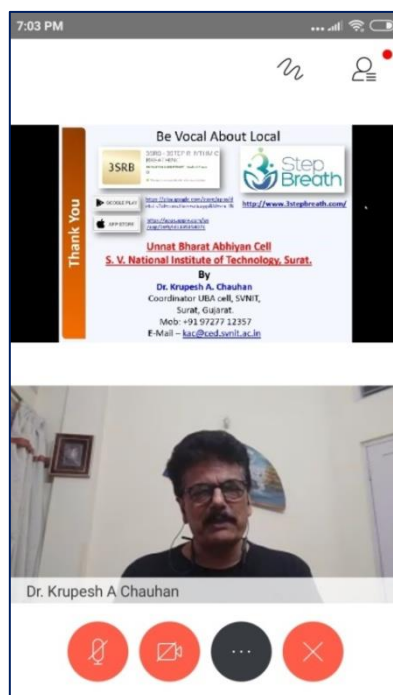
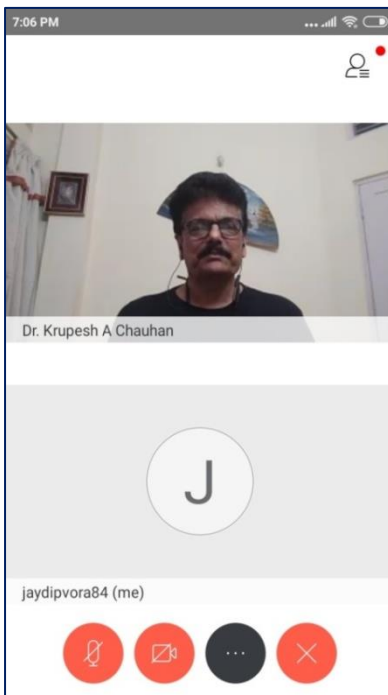
Thank You

Photographs of Webinar: “Total Health Through Rhythmic Breathing: COVID-19, Aatma Nirbhar Bharat Abhiyan & FIT India Movement” hosted by UBA Cell, SVNIT, Surat held on 4<sup>th</sup> June, 2020



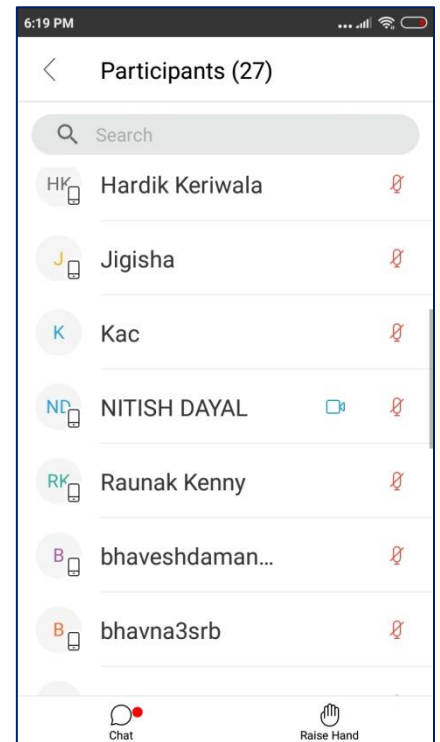
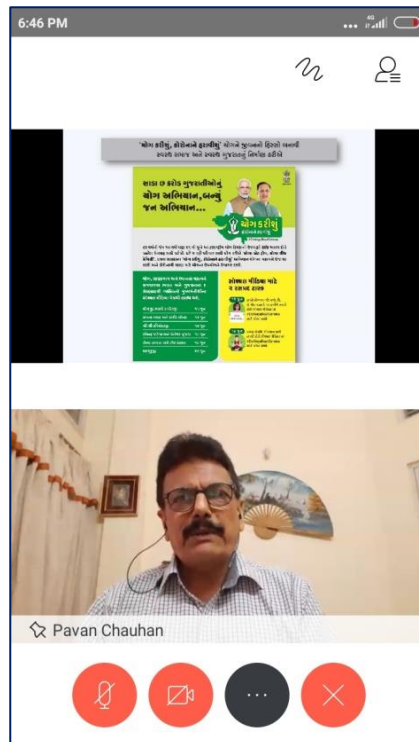
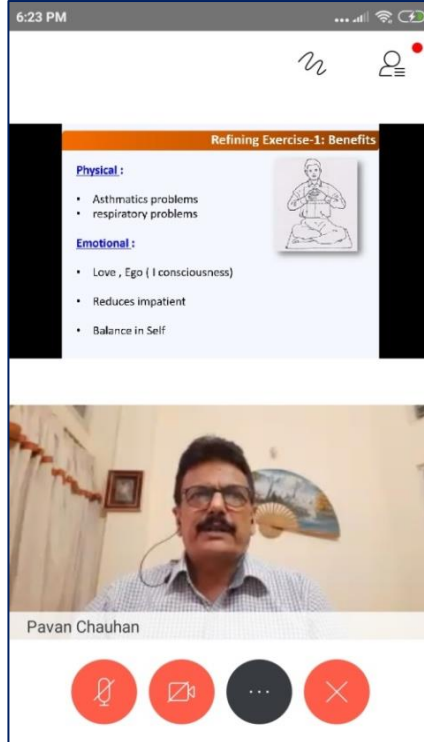
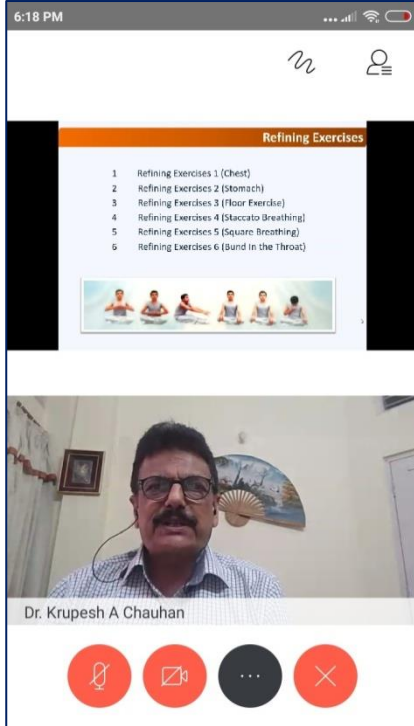


Photographs of Webinar: “Total Health Through Rhythmic Breathing: COVID-19, Aatma Nirbhar Bharat Abhiyan & FIT India Movement” hosted by UBA Cell, SVNIT, Surat held on 11<sup>th</sup> June, 2020





Photographs of Webinar: “My Life My Yoga: 3 Step Rhythmic Breathing”, Aatma Nirbhar Bharat Abhiyan & FIT India Movement” hosted by UBA Cell, SVNIT, Surat held on 18<sup>th</sup> June, 2020







## ACTIVITY 2:

**Title of the Activity:** Webinar on “Climate emergency: Threatening reality then COVID-19, Native trees, a humble balancing act”

**Need of the Activity:** Unnat Bharat Abhiyan Cell, SVNIT, Surat and Grow Native Green Forum, Surat have organized a webinar for sharing the knowledge of “Native tree plantation and its benefits to eco-system of the planet Earth” and “balancing the adverse effect of climate change on nature”, invited to Institutes across the India, all UBA participating Institutes, UBA adopted villagers and volunteer citizens from Surat city.

**Brief Description (Need/Impact/Action/Picture (if any)):**

**Date:** 5<sup>th</sup> June, 2020 (World Environment Day)

Join Webex Meeting by clicking on the following link:

<https://meetingsapac16.webex.com/meetingsapac16/j.php?MTID=m09f04664edd40290d9e90386c4e3c784>

Meeting Number: 16 65 526 709

Time: 6:00 P.M. to 7:00 P.M.

### **Webinar Speaker:**

Arch. Vatsal Thakkar, Grow Native Green Forum, Surat

Email: info@vatsalspace.com

### **Webinar Convener:**

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

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

Unnat Bharat Abhiyan, Participating Institute, SVNIT, Surat and Grow Native Green Forum, Surat have organized webinar on “Climate emergency: Threatening reality then COVID-19, Native trees, a humble balancing act” as celebration of the “World Environment Day 5th June, 2020” 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 webinar.

The report of webinar on “Climate emergency: Threatening reality then COVID-19, Native trees, a humble balancing act” as follow:

UBA Cell, SVNIT, Surat has got total 114 Participant Registration via. Google form. Total 37 Participants have participated the webinar.

- 1) Dr. Krupesh A. Chauhan, Coordinator, UBA Cell, SVNIT, Surat has cordially welcomed to all participants and given an introduction on webinar and requested to Arch. Vatsal Thakkar for conducting the webinar.
- 2) The speaker of webinar Arch. Vatsal Thakkar, has started the webinar on 4:55 P.M. with heartily welcomed to all participants and given introduction of webinar topic “Climate emergency: Threatening reality then COVID-19, Native trees, a humble balancing act.
- 3) Arch. Vatsal Thakkar has played a meditation song “A Bird Called Now...” and make feel to all participants being loved by trees and nature, who loves unconditionally to human beings and other lives on planet earth by giving free breathing oxygen and air.
- 4) He has started with explaining how corona virus, COVID-19 is spreading and its bad effects on health of human beings and requesting to all participants to follow Government guidelines like social distancing, wearing mask, cleaning hands regularly etc. for stopping spreading of COVID-19.
- 5) He has also explained how dangerous climate change is than COVID-19 as too many calamities have occurred like cyclones and earthquakes due to climate change and unbalancing the eco system of planet Earth. He has explained how human being can balance the eco system of planet Earth and make beautiful climate by planting and growing trees.
- 6) He has beautifully explained about Native trees, trees on which birds are like to make their nests. Native trees are different for different places. Native plants are the plants indigenous to the given area in the particular geological



time. Once natured it does not require lot of fertilizers, watering or care on the regular bases. The common Native trees of country India are as follow:

- 1) Vad (Banyan tree)
- 2) Pipal
- 3) Badam
- 4) Jambun
- 5) Saragava (Drumstick tree)
- 6) Mango
- 7) Chickoo
- 8) Borsali
- 9) Sweet neem

- 7) He has encourage to all the participants to grow Native trees at surrounding houses, common plot, villages with help of portable earth digger with spiral bit to plant more trees in a day so that it helps to birds for making their own nests and shelter.

He had also instructed to taking care (watering, safety net etc.) at least for 3 years of planted Native trees, once it grown, will not required any support and tree will gives fruits every year in terms of return gift from nature.

- 8) Q&A session: 3 participants has requested to know regarding how Grow Native Green Forum has started, how anyone can join Grow Native Green Forum, Surat and plantation of Native trees.

Arch. Vatsal thakkar has share the development success story of Grow Native Green Forum, Surat: Once he and his friend visited the forest of Dang, Gujarat and got self-inspired and motivated to make themselves as social activist by planting Native trees with help of people's participation and which led them to make Grow Native Green Forum, Surat

Arch. Vatsal Thakkar has replied them to join Grow Native Green, Surat, participants may drop a message through mail (Email: [info@vatsalspace.com](mailto:info@vatsalspace.com) ) and team will response and help.

- 9) Arc. Vatsal Thakkar has conducted his speech by giving thank you to all the participants and Unnat Bharat Abhiyan Cell, SVNIT, Surat.



- 10) Dr. Krupesh A. Chauhan, UBA Coordinator, SVNIT, Surat has given vote of thanks to speaker Arch. Vatsal Thakkar and all the participants and requested to do more native plantation in life.

**Let's make our planet green by growing more native trees and starting from this monsoon.**

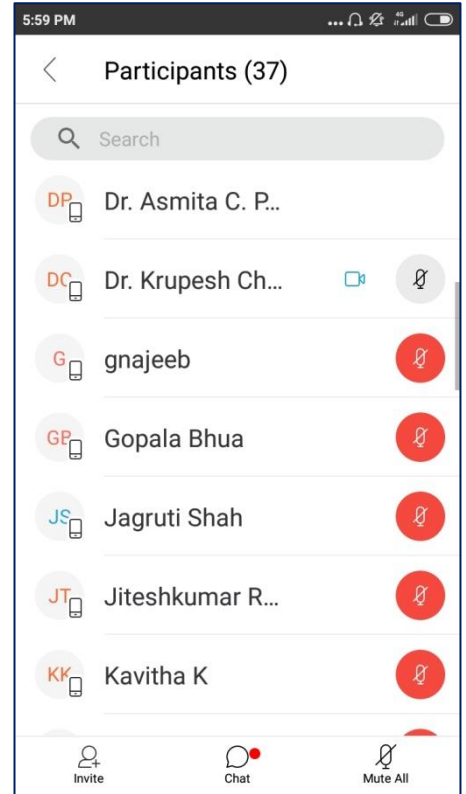
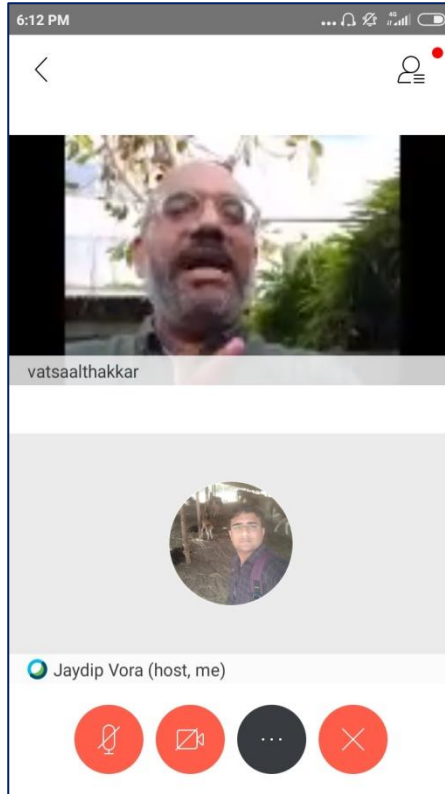
- 11) UBA Cell, SVNIT, Surat has provided the E-Certificate to all the Participants of Webinar.



**Reference photo copy of E-Certificate:**



Photographs of Webinar: “Climate emergency: Threatening reality then COVID-19, a balancing act” by UBA Cell, SVNIT, Surat and Grow Native Green Forum, Surat on 5<sup>th</sup> June, 2020 (World Environment Day)





### ACTIVITY 3:

**Title of the Activity:** UBA adopted village visit and review of preventive measures from COVID-19 on 12<sup>th</sup> June, 2020.

**Need of the Activity:** It is very essential to do village visit and review the Government guidelines on awareness and preventive measures to fight against Corona Virus COVID-19.

**Brief Description (Need/Impact/Action/Picture (if any)):** UBA Cell, SVNIT, Surat has visited all 5 adopted villages and review the preventive and precaution measures from COVID-19 at various community level like Primary Health Centres, Gram Panchayat building, vegetable markets, local markets, other shops etc. It has found that villagers have been following the safety guidelines wearing safety masks, social distancing, use of hand sanitizer etc.



Primary Health Centre, Suvali Village (For Village Cluster): Following the Hand Sanitizer, Social Distancing and Safety Mask



Sanitizer cabin established at Gram Panchayat bhavan of Mora Village



Following safety mask and social distancing at village shops by using social distancing circle marking in front of shops



Following social distancing and wearing safety mask by villagers





#### ACTIVITY 4:

**Title of the Activity:** Webinar on “Yoga at Home and Yoga with Family” on occasion of International Yoga Day 21<sup>st</sup> June, 2020.

**Need of the Activity:** Unnat Bharat Abhiyan Cell, SVNIT, Surat has organised webinar on Yoga for circulating the awareness, participation and benefits of Yoga in health of human beings.

**Brief Description (Need/Impact/Action/Picture (if any)):**

**Webinar on “Yoga at Home and Yoga with Family”**

**Date:** 21<sup>st</sup> June, 2020

**Time:** 11:00 am to 12:00 noon

**Webinar Speaker:** Mr. Dipesh Sukhadia, Resource person, UBA Cell, SVNIT, Surat

**Email:** sudipesh32@gmail.com

**Webinar Convener:**

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

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

UNNAT BHARAT ABHIYAN CELL  
SVNIT, SURAT  
www.svnit.ac.in

**WEBINAR ON**  
**Yoga at Home and**  
**Yoga with Family**

"I Pledge to make YOGA an Integral Part of my Daily Life"

International Yoga Day | 11:00 Am To  
21 June 2020 | 12:00 Noon

**SPEAKER**  
**Dipesh Sukhadia**  
Yoga Coach, Surat

**MODERATOR** Dr. Shweta N. Shah  
Co-coordinator, PI, UBA

Dr. Krupesh A. Chauhan  
Coordinator, PI, UBA

Invitation card of webinar to all the Participants.



Unnat Bharat Abhiyan, Participating Institute, SVNIT, Surat has organized webinar on “Yoga at Home and Yoga with Family” 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 Yoga on occasion of International Day of Yoga 21<sup>st</sup> June, 2020.

Join Webex Meeting by clicking on the following link:

<https://meetingsapac16.webex.com/meetingsapac16/j.php?MTID=m2d7a5caa35ad0f355a46ea63825a17d9>

Meeting ID: 156 683 2789

The report of webinar on “Yoga at Home and Yoga with Family” as follow:

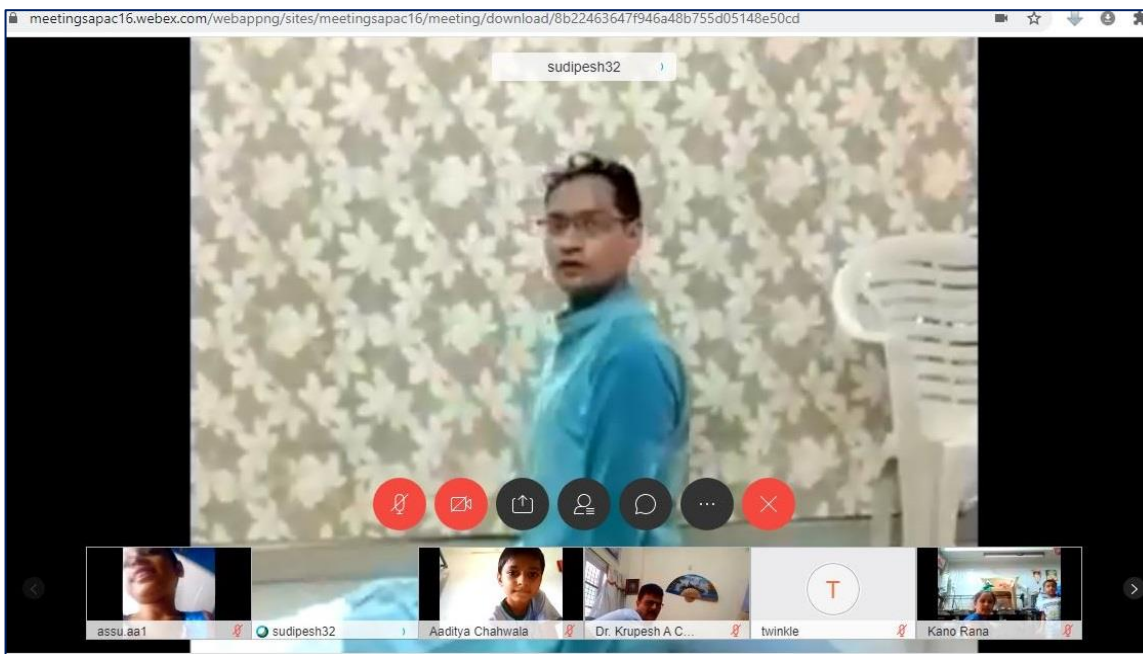
- 1) UBA Cell, SVNIT, Surat has got total 215 Participant Registration via. Google form. Total 92 participants have participated the webinar.
- 2) Dr. Krupesh A. Chauhan has started the webinar on 10:55 A.M. with heartily welcomed to more than 92 participants and explained importance of webinar on topic “Yoga at Home and Yoga with Family” and he has welcomed to speaker Mr. Dipesh Sukhadia, Yoga Coach, Surat.
- 3) Mr. Dipesh Sukhadia, has started the webinar on with heartily welcomed to all participants and given introduction of “Yoga at Home and Yoga with Family” theme of International Day of Yoga- 21<sup>st</sup> June, 2020 and started the warm up exercises by sharing the PPT.
- 4) He has described and explains the content of webinar and explained the common Yoga protocol.
- 5) He has started Yoga exercises with live training to all Participants for improving mental as well as physical health. They had also ended the session with “Surya Namaskar” and its benefits in daily life.
- 6) All participants have appreciated the work and efforts of UBA Cell, SVNIT, Surat for organising of webinar on “Yoga at Home and Yoga with Family” program as part of FIT India Movement on occasion of International Yoga Day 21<sup>st</sup> June, 2020.

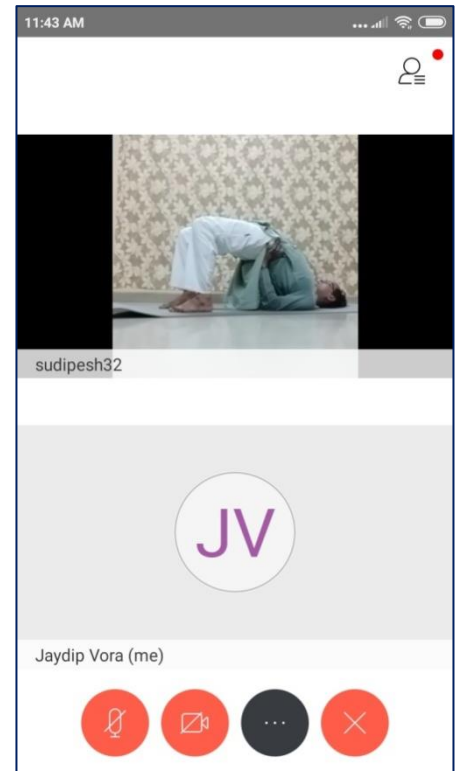
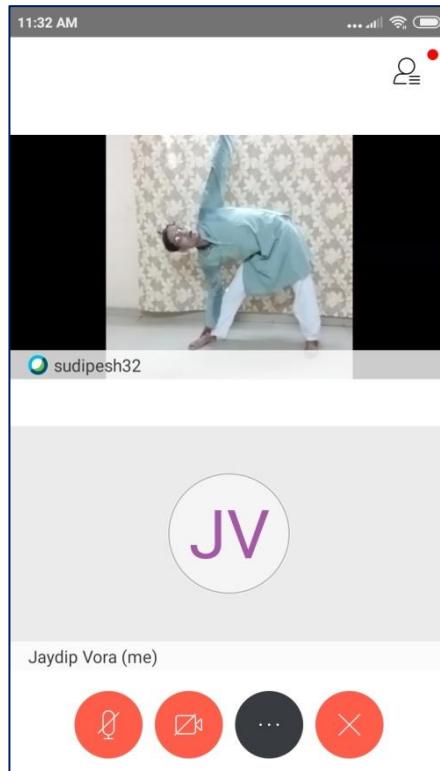
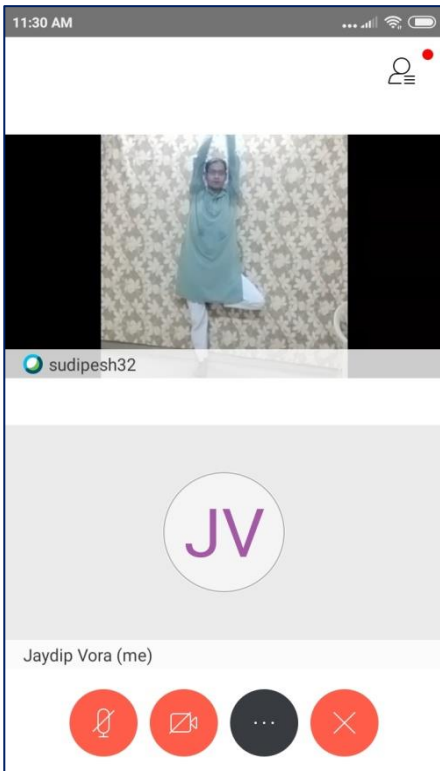
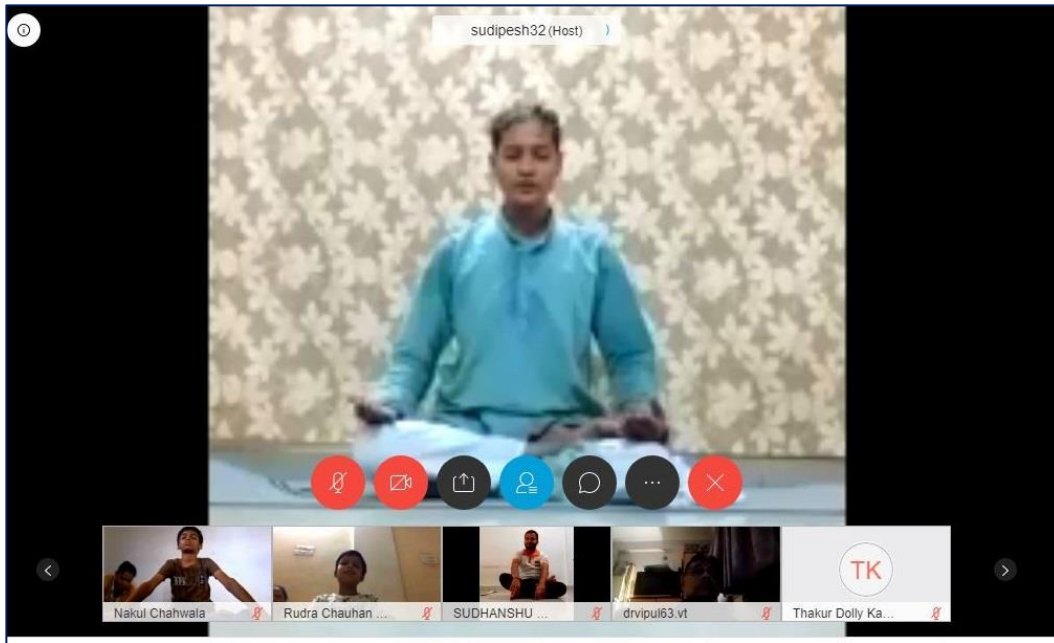


7) UBA Cell, SVNIT, Surat has provided the E-Certificate to all the Participants of Webinar.



The reference photo of E-Certificate for participants.





Mr. Dipesh Sukhadia teaching Yoga on live webinar.



## ACTIVITY 5:

**Title of the Activity:** Webinar on “I too, am a Corona Warrior” on 24<sup>th</sup> June, 2020.

**Need of the Activity:** Make villagers to follow safety guidelines, aware and prevent from Corona Virus by circulating Government Guidelines.

**Brief Description (Need/Impact/Action/Picture (if any)):**

**Webinar on “I too, am a Corona Warrior: ”**

**Date:** 24<sup>th</sup> June, 2020

**Time:** 5:00 pm to 6:00 pm

**Webinar Speaker:** Dr. Himanshu Gamit, Taluka (Block) Health Officer (T.H.O.), Choryasi, Surat District. (Resource person, UBA Cell, SVNIT, Surat)

**Webinar Convener:**

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

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

UNNAT BHARAT ABHIYAN CELL  
SVNIT, SURAT  
www.svnit.ac.in

**WEBINAR ON**  
**I too, am a Corona Warrior**  
“India will win, Corona will loose”

24 June 2020  
Wednesday | 5:00 Pm To 6:00 Pm

**SPEAKER**  
**Dr. Himanshu Gamit**  
Taluka Health Officer, Choryasi, Surat District

**Stay Home Stay Safe Save Lives**  
Prevent Spread of Corona

**SOCIAL DISTANCE**  
Stay away from Elderly people, Pregnant Women, and Children

**MODERATOR**  
Dr. Shweta N. Shah  
Co-coordinator, PI, UBA  
Dr. Krupesh A. Chauhan  
Coordinator, PI, UBA

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ઉન્નત ભારત અભિયાન સેલ  
એસ વી એન આઈ ટી, સુરત  
www.svnit.ac.in

**વેબિનાર**  
**હું પણ કોરોના વોરિયર**  
“જીતશે ભારત, હારશે કોરોના”

૨૪ જૂન ૨૦૨૦  
બુધવાર | સાંજે ૫ થી ૬

**વક્તા**  
**ડૉ. હિમાંશુ ગામીત**  
તાલુકા આરોગ્ય અધિકારીશ્રી, ચોયાસી, સુરત જિલ્લો

**Stay Home Stay Safe Save Lives**  
Prevent Spread of Corona

**SOCIAL DISTANCE**  
Stay away from Elderly people, Pregnant Women, and Children

**સંયોજક**  
ડૉ. શ્વેતા એન. શાહ  
કો-કોઓર્ડિનેટર, પી.આઈ, યુ.બી.એ  
ડૉ. કૃપેશ એ. ચૌહાણ  
કોઓર્ડિનેટર, પી.આઈ, યુ.બી.એ

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Invitation card of webinar in English and In Gujarati (Local language).



Unnat Bharat Abhiyan, Participating Institute, SVNIT, Surat has organized webinar on “I too, am a Corona Warrior” the campaign launched by State Government of Gujarat on 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 webinar for creating awareness and prevention from Corona Virus COVID-19.

Join Webex Meeting by clicking on the following link:

<https://meetingsapac16.webex.com/meetingsapac16/j.php?MTID=m81f363ef8e42e85e5705ff5def6ca48d>

Meeting ID:

The report of webinar on “I too, am a Corona Warrior” as follow:

- 1) UBA Cell, SVNIT, Surat has got total 47 Participant Registration via. Google form. Total 30 participants have participated the webinar.
- 2) Dr. Krupesh A. Chauhan has started the webinar on 5:00 P.M. with heartily welcomed to more than 30 participants and explained importance of webinar on topic “I too, am a Corona Warrior” and he has welcomed to speaker Dr. Himanshu Gamit, Taluka (Block) Health Officer (T.H.O), Choryasi, Surat District.
- 3) Dr. Himanshu Gamit has started the webinar on with heartily welcomed to all participants and started delivering the PPT “I too, am a Corona Warrior”. They have started with how the Corona Virus been started spreading and shown the current situation of COVID-19 cases in India, Gujarat and Surat City and Surat District level.
- 4) He has shared the Government guidelines, awareness and preventive measures to fight against COVID-19. They have shared preventive measures from COVID-19 that are: Stay home, be safe, Wear a safety mask, Do not go to crowded places, Follow safe social distancing, Cover mouth when sneezing or coughing, Wash hands thoroughly frequently, Using the “Aarogya Setu” app, Follow the guidelines given by the Ministry of AYUSH to increase immunity system.



- 5) He has also instructed to all the participants to be a Corona Warrior by following Government Guidelines and to circulate the preventive and awareness messages to maximum citizens, so all can be as “Corona Warriors” and as whole, India will Win and Corona will lose.
- 6) All participants have appreciated the work and efforts of UBA Cell, SVNIT, Surat for organising of webinar on “I too, am a Corona Warrior” program.
- 7) UBA Cell, SVNIT, Surat has provided the E-Certificate to all the Participants of Webinar.



Reference photo of E-Certificates for Participants.



## Photographs of webinar on “I too, am a Corona Warrior”

The screenshot shows a Cisco Webex Meeting interface. At the top, there are icons for File, Edit, Share, View, Audio, Participant, Meeting, and Help. Below this is a video gallery with several participants. The main content area displays a slide titled "What will I learn?". The slide includes a cartoon character of a doctor and a head with gears, symbolizing learning. The text on the slide reads: "Learning Objectives By the end of this lesson, you will learn:" followed by a list of objectives:

- What is COVID-19 and how does it transmit?
- COVID-19 – precaution and Symptoms
- What should you do if you think you're infected?
- Are there any treatments available?
- What preventive measures should you take?
- Tips for using a mask and a sanitizer

The bottom of the slide features the IGOT logo and a small video thumbnail of a participant. The right sidebar shows a list of 10 participants, with 'sudipesh32' selected.

The screenshot shows a Cisco Webex Meeting interface. At the top, there are icons for File, Edit, Share, View, Audio, Participant, Meeting, and Help. Below this is a video gallery with several participants. The main content area displays a slide titled "Steps to control spread of infection". The slide features a central graphic of a hand being washed and a person wearing a mask. The text on the slide reads: "Break the chain of Infection" and lists five steps:

- 01 Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water, specially after coming from outside. Avoid touching your eyes, nose and mouth
- 02 Maintain at least 4-6 feet distance between yourself and anyone who is coughing or sneezing. Avoid handshakes
- 03 Follow a good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough/sneeze. Then dispose of the used tissue immediately.
- 04 Avoid/restrict public gatherings. If you have fever, cough or sore throat, do not attend public gatherings. If you have a fever, cough or sore throat, do not attend public gatherings. If you have a fever, cough or sore throat, do not attend public gatherings.
- 05 Practice 'Social Distancing'. Do not come in contact with other people so that you do not come in contact with other people. Do not go to crowded places. Do not go to crowded places. Do not go to crowded places.

The bottom of the slide features the IGOT logo and a small video thumbnail of a participant. The right sidebar shows a list of 26 participants, with 'HP' selected. A recording timer is visible in the center of the slide, showing 00:04:58.





## ACTIVITY 6:

**Title of the Activity:** Unnat Project: “Vocal for Local” campaign to become Aatma Nirbhar Citizen of Bharat

**Need of the Activity:** To help the citizens of our country in various sectors as needed to develop and growth of their business/ start-ups/ entrepreneurship.

**Brief Description (Need/Impact/Action/Picture (if any)):** Unnat Bharat Abhiyan Cell, SVNIT, Surat has requested to all citizens of Bharat to spare a few minutes of your valuable time and fill and submit this information "Vocal for Local" to support local Artisans under "Aatma Nirbhar Mission"

### Fill & Submit the Google form

<https://forms.gle/VyyudFdM88nyXWv78>

This campaign will help to connecting each other and make a sustainable Bharat under the vision of "Vocal for Local" and support "Aatma Nirbhar Mission" and will make a huge contribution in the cycle of socio economic activity.

UBA Cell, SVNIT, Surat has started the campaign on 9<sup>th</sup> June, 2020 and collecting responses from participants and also sharing to all faculties, students, relatives, friends and all for helping local vendors to promote and growing their economy.

The Google form has circulated as follow:



30/06/2020

Unnat Project : "Vocal for Local" campaign to become "Aatma Nirbhar Citizen of Bharat".

## Unnat Project : "Vocal for Local" campaign to become "Aatma Nirbhar Citizen of Bharat".

Unnat Bharat Abhiyan Cell, SVNIT, Surat is requesting to all citizens of Bharat, please spare a few minutes of your valuable time to fill and submit this information "Vocal for Local" to support local Artisans under "Aatma Nirbhar Mission".

Lets connect each other and make a sustainable Bharat under the vision of "Vocal for Local" and support "Aatma Nirbhar Mission" and will make a huge contribution in the cycle of socio economic activity.

Your response is highly appreciated.

\* Required

1. Name of Respondent (Full) \*

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2. Name of City / Village of Respondent \*

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3. Mobile number of Respondent \*

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4. E-mail ID of Respondent \*

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5. Name of Artisan / Person (whom you know or want to support) \*

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30/06/2020

Unnat Project : "Vocal for Local" campaign to become "Aatma Nirbhar Citizen of Bharat".

6. Occupation of Artisan / Person \*

\_\_\_\_\_

7. Name of City / Village of Artisan / Person \*

\_\_\_\_\_

8. Mobile number of Artisan / Person

\_\_\_\_\_

9. E-mail ID of Artisan / Person

\_\_\_\_\_

10. The need or help required by Artisan / Person \*

*Mark only one oval.*

- Technical support & Skill training
- Loan as financial assistance
- Market for selling products / services
- Support for registration of company / firm on MSME
- Supports for using Online platform - GeM (Government e Marketplace)
- Other: \_\_\_\_\_



**Next action plan:**

Sr. No.	Activity to be conducted (along with reason) in month of July, 2020
1	Webinar on “Total Health Through Rhythmic Breathing: COVID-19”, FIT India Movement on every Thursday at evening 6:00 pm onwards for strengthening total health and boosting the immunity system.
2	Webinar for participants of “Unnat Project: "Vocal for Local" campaign to become "Aatma Nirbhar Citizen of Bharat"”
3	Making and reporting of Solid Waste Management: “Swachh Bharat Mission”
4	Working on “Jal Shakti Abhiyan” for UBA villages
5	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