







## **UNNAT BHARAT ABHIYAN**

## **PARTICIPATING INSTITUTE**

## SARDAR VALLABHBHAI NATIONAL INSTITUTE OF TECHNOLOGY, SURAT

## PROGRESS REPORT

# SEPTEMBER, 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		
2	RAJAGARI		
3	SUVALI	CHORYASI	SURAT
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 September, 2020 with a









view to share 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=mfde3399bc229e4 cba664720f0cd0e36c

Sr. No.	Date of Webinar	Topic of Webinar	Venue	Participants
1	3 <sup>rd</sup> September, 2020	Webinar on "My Life My Yoga: 3 Step Rhythmic	Cisco Webex Meetings	15
		Breathing"		
2	10 <sup>th</sup> September, 2020	Webinar on "MyCisco Webex17Life My Yoga: 3MeetingsStep RhythmicBreathing"		17
3	17 <sup>th</sup> September, 2020	Webinar on "My Life My Yoga: 3 Step Rhythmic Breathing"	Cisco Webex Meetings	23
4	24 <sup>th</sup> September, 2020	Webinar on "My Life My Yoga: 3 Step Rhythmic Breathing"	Cisco Webex Meetings	24

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.

 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 <u>Unnat Bharat Abhiyan Cell</u> <u>S. V. National Institute of Technology, Surat.</u> Webinar 03<sup>th</sup> September 2020, Thursday

Presentation By Dr. Krupesh A. Chauhan Coordinator UBA cell, SVNIT, Surat, Gujarat. Mob:97277 12357

E-Mail – <u>kac@ced.svnit.ac.in</u>











### 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



### Save Earth: Plantation Drive

Unnat Villages- Mora, Bhatlai, Suvali, Rajagari, Junagam







UBA Cell, SVNIT, Surat.



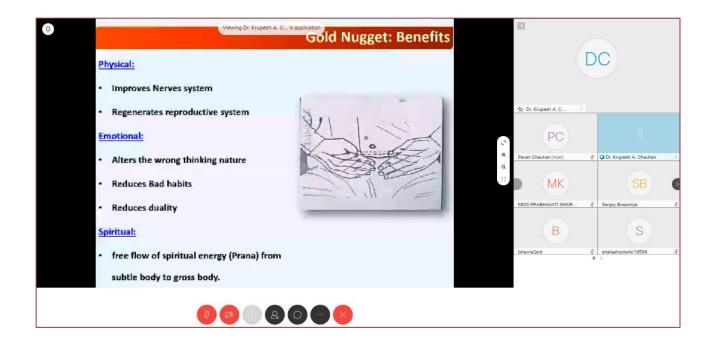


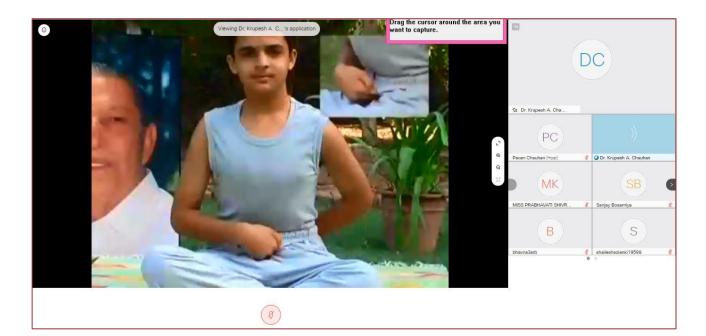






Photographs of Webinar: "My Life My Yoga: 3 Step Rhythmic Breathing", Aatma Nirbhar Bharat & FIT India Movement" hosted by UBA Cell, SVNIT, Surat held on 3<sup>rd</sup> September, 2020





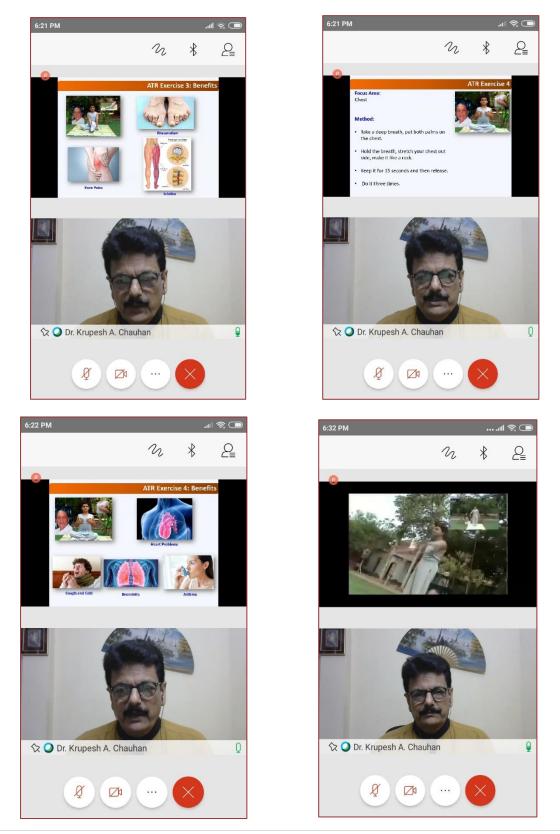








Photographs of Webinar: "My Life My Yoga: 3 Step Rhythmic Breathing", Aatma Nirbhar Bharat & FIT India Movement" hosted by UBA Cell, SVNIT, Surat on 10<sup>th</sup> September, 2020



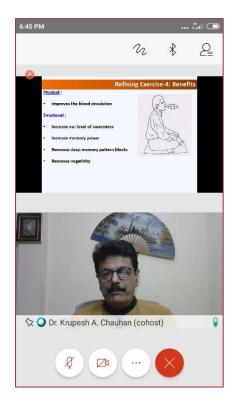








Photographs of Webinar: "My Life My Yoga: 3 Step Rhythmic Breathing", Aatma Nirbhar Bharat & FIT India Movement" hosted by UBA Cell, SVNIT, Surat held on 17<sup>th</sup> September, 2020



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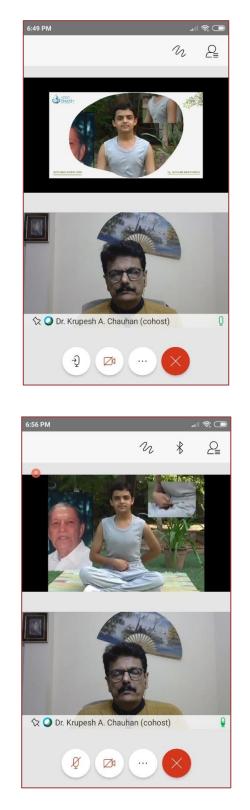
☆ 🔾 Dr. Krupesh A. Chauhan (cohost)

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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 24<sup>th</sup> September, 2020

















# ACTIVITY 2:

**Title of the Activity:** UBA adopted village visit and review of preventive measures from COVID-19 on 9<sup>th</sup> September, 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.





Banner of safety precautions and preventive measures has also fixed at common public place

Round marked in front of shops for social distancing and notice for wearing mask compulsory













Following social distancing and wearing of safety mask at Primary Health Centre

# **ACTIVITY 3:**

**Title of the Activity:** Selection of location for test pit as required to test of soil for development of proposed lake at Junagam Village

**Need of the Activity:** It is required to measure the soil permeability by test pit – water percolation method for analysis of soil characteristic and measurement of water sustainability.

**Brief Description (Need/Impact/Action/Picture (if any)):** UBA Cell, SVNIT, Surat has started the lake development activities at proposed site of Junagam Village as per Junagam requirement. It has required to test the soil at proposed site location for checking of water permeability and sustainability. Two location have selected for test pit of 2m x 2m x 2m size and it will be pored fully with water and will be inspected after every 24hour session that how much water infiltered into the soil of proposed site for lake development.









Location for test pit has selected with Sarpanch shri Bhagubhai of Junagam village at proposed site of lake development.

### ACIVITY 4:

**Title of the Activity:** Meeting with Choryasi Taluka Livelihood Manager and Rural Self Employment Training Institute of Surat District.

**Need of the Activity:** Meeting was conducted to organizing the various training workshops in adopted villages

**Brief Description (Need/Impact/Action/Picture (if any)):** Unnat Bharat Abhiyan Cell, SVNIT, Surat has meet with Choryasi Taluka Livelihood Manager Smt. Falguni =ben Desai on 11<sup>th</sup> September, 2020.









UBA Cell has got the information about Rural Self Employment Training Institute (RSETI), Surat and its work.

P	S. Fre	શું આપ ઉદ્યમ સાહસિક જો આપનો જલ થે ૨૦૨૦-૨૧ નાં તાલીમ કાર્ચક્રમોનું	न्ताने भीलव सारा हा व	વા માંગો છો	ાવા માંગો છો ? ? મફત તાલીમ લો. રવરોજગાર ચાલુ કરો
जं.	માસ	तासीमनुं नाम	સમયગાળો	તાલીમાર્થી	-: ใน <b>ย</b> ้มนุ่ง :-
	એપિલ	યાયડ, અથાણું અને મસાલા પાઉડર મેકિંગ તાલીમ	10 हिवस	30	STREET, ST
1	2020	કોશ્ર્યુમ જવેલરી ઉદ્યમી	13 हिवस	30	<ul> <li>બેન્ક ઓફ બરોડા દ્વારા પ્રાચોજિલ રજાસ્ટર્ડ સોસાચટી/ટ્સ્ટ જે એપ્રિલ</li> </ul>
2	મે	જનરલ ઇડીપી	60 Basi	30	રજીસ્ટડ સાસાચટા/ટ્રસ્ટ જ આપલ ૨૦૦૪ થી કાર્ચરત છે.
	2020	सेत्रहोब(मोलाઇत) रीपेरींग अने सर्विस	30 हिवस	30	🖲 વિના મુલ્ચે તાલીમ
3	જુન	બ્સુટી પાર્લર મેનેજમેંટ તાલીમ	30 हिवस	30	• તાલીમ દરમ્યાન વિના મુલ્યે રહેવ
	2020	भश्वरूभ वावेतर	<b>10</b> हिवस	30	तेमજ જમવાની સગવડતા • નિષ્ણાંતો દ્વારા જુદા જુદા ઘંઘા
4	જુલાઈ 2020	કમ્પ્યુટર હાર્ડવેચર અને નેટવીકેંગ	45 हिवस 88 हिवस	30	અંગે પ્રાથોગિક અને કલાસ રૂમ
		अबरल र्छडीयी बेडीक टेलर	06 हिवस 30 हिवस	30	તાલીમ
5	ઓગસ્ટ 2020	લડાઝ ટલર બેંક મિત્ર	<b>30</b> हिंदस 06 हिंदस	30 30	<ul> <li>આધુનિક સાધનો દ્વારા તાલીમ</li> <li>તાલીમ બાદ તાલીમાર્થીનું બે વર્ષ</li> </ul>
-	સપ્ટેમ્બર	કોક્ટર્શન જવેલરી ઉદ્યમી	<u>13</u> हिंदस	30	સુધી મૂલ્યાંકન
6	2020	त्यवसार्थी संवाहहाता अबे त्यवसार्थ स्विधा हरबार	10 हिंदस 10 हिंदस	30	🕒 જિલ્લા ઉદ્યોગ કેન્દ્ર / જિલ્લા
		ડેરી કાર્મીંગ અને વર્મી કમ્પોસ્ટ મેકિંગ	10 हिवस	30	ગ્રામ વિકાસ એજન્સી તથા બેંકના સહયોગથી લોન તથા
	ઓક્ટોબર	ફાસ્ટ ફૂડ સ્ટોલ ઉદ્યમી	<u>10</u> हिंदस	30	સ્વરોજગારી અપાવવાનાં પ્રચલ્નો
7	2020	लेंड सित्र	06 हिवस	30	• આપના વિસ્તારમાં જાગૃતિ
	નવેમ્બર	યાપડ, અથાણું અને મસાલા પાઉડર મેકિંગ તાલીમ	10 हिवस	30	શિબિર (EAP) નું આયોજન
8	2020	હોમમેડ અગરબતી મેકર	10 हिवस	30	કરવા માટે રૂબરૂ મુલાકાત લે
	કિરોમ્બર	भीष्टालची जबाववाबी ताखीभ	10 हिंतस	30	sen no ses gaisia a
9	2020	સોફટ રમકડાં ઉત્પાદક અને વેચનાર	13 हिवस	30	ସେହ୍ୟ ભାરସ
10	જાન્યુઆરી	<b>જबर</b> ब र्छडीपी	<b>06</b> हिवस	30	Dies D Quine
10	2021	સી.સી ટીવી કેમેરા ઇન્સ્ટોલેશન-સર્વિસિંગ, સિકર્યુરીટી અલામે	13 हिवस	30	सुण्ठर जारत
11	ફેબ્રુઆરી	વનસ્પતિ નર્સરી મેનેજમેન્ટ અને વાવેતર	10 हिवस	30	
	2021	ફાસ્ટ ફુડ સ્ટોલ ઉદ્યમી	10 हिवस	30	an
12	માર્ચ	જૂટ ઉત્પાદન ઉદ્યમી	13 हिवस	30	(स्वच्छ) (भारत)
	2021	યેયર, કવર અને ફાઇલ મેકિંગ	10 हिवस	30	एक कदम स्वच्छता की ओर
	2020 જાન્ચુઆરી 2021 ફેબ્રુઆરી 2021 માર્ચ	ભોકુટ સ્મકડાં ઉત્પાદક અને વેચનાર જનરલ ઇંડીપી સી.સી દીવી કેમેસ ઇન્સ્ટોલેશન-સૌવીંસેંગ, સિક્યુરીટી અલાર્મ વનસ્પવિ નર્સરી મેનેજમેન્ટ અને વાવેવર ફાસ્ટ કુડ સ્ટોલ ઉદ્યમી જૂટ ઉત્પાદન ઉદ્યમી	13 ਇਹਲ 06 ਇਹਲ 13 ਇਹਲ 10 ਇਹਲ 10 ਇਹਲ 13 ਇਹਲ 13 ਇਹਲ	30 30 30 30 30 30 30 30 30	शुवरु २ तमार स्वच्छ भारत एक कदम सबछता की ओर

RSETI is available in every District and it has run by appointed Bank by Government of India.

UBA Cell, SVNIT, Surat has meet to the Director Shri. Amol Gite sir and discussed an=bout the working methodology of RSETI, Surat.









RSETI, Surat is run by Bank of Baroda, Surat and they are providing free training to all needy farmers, youths, self help group of women of the villages in Surat District. They have provided the list of various 60 types of trainings.

UBA Cell, SVNIT, Surat will be organizing the training like Women's tailoring, Mushroom Farming, Vegetable Nursery management, Papad, Pickle and masala making etc. trainings as required by UBA adopted villagers.













	30	SDF Align	ed Courses Proposed for RSETIs	and a second
SI. No.	Qualification Code	(ategory type (I/II/III)	Course/Qualification Name	Duration (Hours)
1	N/204303-66D8	III	Entrepreneurship Development Programme (EDP) for Micro Entrepreneurs	104
2	Walder / Plt 1 5	1	Photography and Videography	240
3	APainterine Paint A	1	Cell phone Repairs and Service	240
4	NARCISCUP (Provide) 7	н	Homomade Agarbatti Maker	80
.5	INARASONO - Atom	11	Resham Kosh Utpadak Udyami	80
6	NARDSOOF AGR	1	Dairy Farming and Vermi Compost Making	80
7	92.901-002 PROCESS	1	Beauty Parlor Management	240
1	Mana 1006 melater	It	Entrepreneurship in Paper Cover, Envelope and File Making	80
1	Armiter allers	1	Welding and Fabrication	240
	Nonto-Michel	T	Men's Tailor	240
11	мальная нерод	1	Vastra Chitra Kala Udyomi (Embroidery & Falaric Paintina)	240
32	WARDS TO T PROCESS	1	Electric Motor Rewinding & Repair Services	240
1.5	WARA OF LENDER	1	Costume lewelry Udyami	104
11.	WARD THE HOLESN	t	Two Wheeler Mechanic	240
11	with the state of the	4	LMV Owner Drivor	240
10	MARCHIEL FREEFIS	1	Gharelu Vidyut Upkaran Seva Udyami	240
17	NAR03011 ( 198	1	Commercial Hortloulture	104
1.B	Mutdeatte Middesi	1	House Wiring	240
19	NABOADAH - PROCESS	1	Men's Parlour and Salon Udyami	240
-20	Webshim shours	1	TV Technician	240
25	wat and and	1 H	Krishi Udyami	104
-72	Augustes (1 - Parcella	10.4	Building Painting	80
-23	NORCE STREET	-1	Soft Toys Maker and Seller	104
14	12/200 10/014 Al2/8	Ш	Sheep Rearing	80
23	MINGANON HIDELLS	1	Computerized Accounting	240
26	10 - 00 - 1 - 1 - 00 - 1	L. i	Jute Products Udyami	104
17	NOROCHE T	1	Poukry	00
8	B. SQLAPS COLORY	N	Paped, Pickle and Masala Powder	80
19	NAR0300225 > (10)	п	Goat Rearing	-80
30	WHORE OF A CHI	Л	Cultivation of Medicinal and Aromatic Plants	80
32	NURO VIEL AGU	11	Rubber Tapping & Processing	80
32	weathed PROCESS	11	Fast Food Stall Udyami	80
:33	WARE PROPERTY	1	Women's Tailor	240
34	WHENLY STREET	1	Entrepreneurship in Desktop Publishing	350

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SL Ne	the transmission of the	Onte pory Ope 3/10/00	Course/Qualification Name	Duration (Hours)	
:15	walploint million	1	Computer Hardware & Networking	360 \	L
116	NARQANINE MUDGCI.	-11	Candle Making	80	i.
m	NARD PARTY (10)-	w.	Entrepreneurship Development Programme for BC & BF	80	
	some contra	1	Entrepreneurship Development Programme for Debt Recovery Agents	104	
	Report and the second		Piggery	80	ľ
		1	Plumbing and Sanitary Works	240	ľ
		U.	Commercial floriculture	80	
12	warphone process	1	Refrigeration and Air-conditioning	240	ĺ.
	NOT THE R.	t	Vegetable Nursery Management and	80 11	2
		1	See Keeping	80	ľ
1	Water and the second	th:	EDP for PMEGP Bimeliciaries	80	1
105	Southers of photoes	:81	Travel & Tourist Guide	80	
a	windsourt wants	н	Mushroom cultivation	30 2	ŀ
18	NYMOR ON BRODUL	1	Bamboo & Cane Craft Making	304	ŀ
-10	NAME AND REPORT		Gardening and Landscaging	80	1
5.0	WHERE DO NOTE:	3	Home Aaya	104	l
-31		1	Poly House & Shade Net Farming	80 \	4
-12	no upane de calizia	1.1	Alluminium febrication	240	
5.5	AND REPORT OF THE PROPERTY OF	(F	UPS and Battery Making & Servicing	240	1
-54	Nonry	1	Photo Farming, Lamination and Screen	80	
	south in the states		Masonry & Concrete Work	240_	
		2	Installation& Servicing of CCTV Camera, Security Alarm & Smoke Detector	104	
	WITH STREET	1	Carpentry	240	
	662012;01-061110(2205	41	Shop Keeper	30	ĺ
172	manado - Ann	- T	Pissiculture	80	
60	NAMIRAL GE-19	11	EDP to Persons with Disabilities	80	









## **ACTIVITY 5:**

**Title of the Activity:** Online meeting via. Google Meet of Faculty members, UBA Cell, SVNIT, Surat on 18<sup>th</sup> September, 2020.

**Need of the Activity:** Unnat Bharat Abhiyan PI, 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 utilization of coming perennial fund to UBA PI, 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 utilization of coming perennial fund to UBA PI, SVNIT, Surat.

The meeting was started with welcome speech was given by Dr. Krupesh A. Chauhan, Coordinator, UBA Cell, SVNIT, Surat. He has shared the ongoing UBA activities and explained that UBA PI SVNIT, Surat will get the perennial fund of Rs. 1.75 Lakh as financial assistance.

Dr. Krupesh A. Chauhan has discussed with all faculty members that how to utilize this coming perennial fund. All faculty members of UBA PI SVNIT, Surat has planned to do various training and skills upgradation workshop in adopted villages with help of perennial fund.











# **ACTIVITY 6:**

**Title of the Activity:** Participated in meeting held at Choryasi Taluka Panchayat, Surat for livelihood and entrepreneurship development on 22<sup>nd</sup> September, 2020.

**Need of the Activity:** To interact with Government officers and bank representatives for planning of UBA activities in adopted UBA Villages

**Brief Description (Need/Impact/Action/Picture (if any)):** Unnat Bharat Abhiyan Cell, SVNIT, Surat has participated in meeting which was organised by Chorysi Taluka Panchayat.

Dr. Krupesh A. Chauhan, PI Coordinator, SVNIT, Surat has met with Shri. G. M. Borad, Taluka Development Office, Choryasi Taluka, Surat and discussed ongoing UBA activities in associated villages and also given information on proposed project of "Establishment of low-cost sanitary pad manufacturing unit in UBA adopted village". UBA PI SVNIT, Surat has also planned the training program which will be organised in adopted villages with duly discussed with RSETI representatives in meeting.











# Next action plan:

Sr. No.	Activity to be conducted (along with reason) in month of October, 2020
1	Webinar on "FIT India Dialogue: 3 Step Rhythmic Breathing", "Fitness Ki Dose, Adha Ghanta Roj" on every Thursday at evening 6:00 pm onwards for strengthening total health and boosting the immunity system.
2	Conducting test pit for proposed lake development at Junagam Village
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 Junagam and Sunvali village: "Swachh Bharat Mission"
5	Working on "Traditional Food Recipes from Ayush System of Medicines".

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

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