



## UNNAT BHARAT ABHIYAN

### PARTICIPATING INSTITUTE

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

### PROGRESS REPORT

**NOVEMBER, 2020**

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

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

**Email: [piuba@svnit.ac.in](mailto: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 "FIT India Dialogue: 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 5<sup>th</sup> November, 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:

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

Sr. No.	Date of Webinar	Topic of Webinar	Venue	Participants
1	5 <sup>th</sup> November, 2020	Webinar on "FIT India Dialogue: 3 Step Rhythmic Breathing"	Cisco Webex Meetings	25

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 "FIT India Dialogue: 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 at 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



Nirbhar 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 strengthening 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 “FIT India Dialogue: 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.



E-Certificate as given to participants


**Fit India Dialogue: 3 Step Rhythmic Breathing**

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

Webinar  
1<sup>st</sup> October 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)

**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**



### Chandrabhedan Pranayam

**Method:**

- Rhythm: 36 breathes per minute

**Steps:**

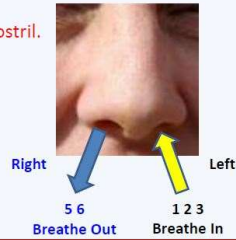
- A) block the right nostril with thumb and breathe in 1-2-3 from the left nostril.
- B) block the left nostril and breathe out 5-6 from the right nostril.
- repeat this cycle.

**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**

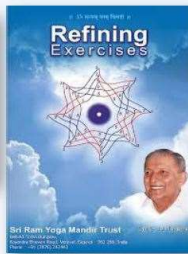


**UBA Cell, SVNIT, Surat.**

### References



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



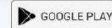
**Websites:**

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



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

### Stay Home, Stay Safe



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

Thank You

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

**By**

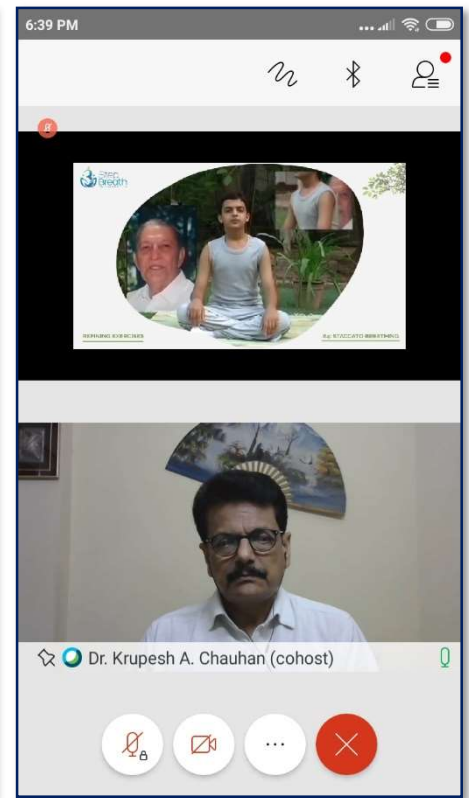
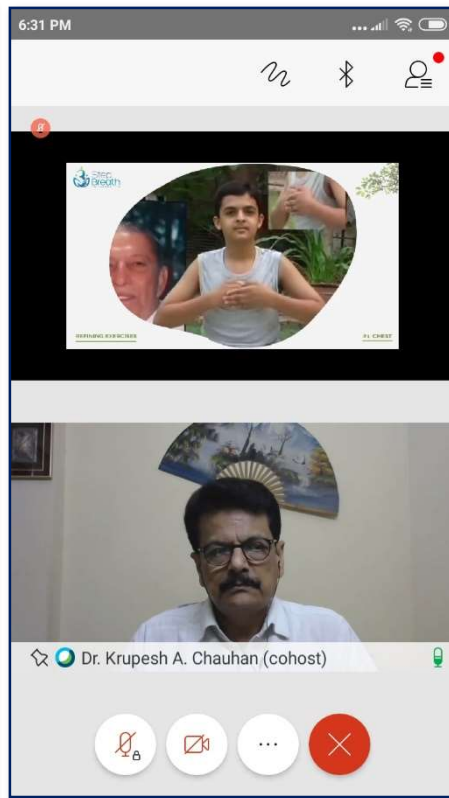
Dr. Krupesh A. Chauhan  
Coordinator UBA cell, SVNIT,  
Surat, Gujarat.

Mob:97277 12357

E-Mail – [kac@ced.svnit.ac.in](mailto:kac@ced.svnit.ac.in)



Photographs of Webinar: “FIT India Dialogue: 3 Step Rhythmic Breathing”, Atma Nirbhar Bharat & FIT India Movement” hosted by UBA Cell, SVNIT, Surat.





## ACTIVITY 2:

**Title of the Activity:** Distribution of 3D Printed face shield mask in all villages of Choryasi Block, Surat District.

**Need of the Activity:** To distribute the 3D Printed face shield mask to all health care workers of Choryasi Block, Surat District.

**Brief Description (Need/Impact/Action/Picture (if any)):** UBA Cell, SVNIT, Surat has been sanctioned the fund from SEG proposal on COVID-19. The Advance Manufacturing Laboratory of SVNIT, Surat has made 450 nos. of 3D Printed face shield mask.

UBA Cell, SVNIT, Surat has distributed the 285 nos. of 3D Printed face shield mask to Shri. G. M. Borad, Taluka (Block) Development Officer. The Taluka (Block) Panchayat Office distribute these face shield masks to all health care workers of all Primary Health Centres, Sub Health Centres and Asha Workers in all villages of Choryasi Taluka with the help of Dr. Himanshu Gamit, Taluka Health Officer, Choryasi Taluka, Surat District.





### ACTIVITY 3:

**Title of the Activity:** Participation in ongoing training program “Papad, Pickle and Masala making” at Damaka Village (Neighbour village of Bhatalai village).

**Need of the Activity:** To provide guidance regarding product packaging and marketing to Self Help Group women of UBA Villages.

**Brief Description (Need/Impact/Action/Picture (if any)):** UBA Cell, SVNIT, Surat has participated in ongoing training programme on “Papad Pickle and Masala Making” in Damaka Village (Neighbour village of Bhatalai Village). This training programme has organised by Rural Self Employment Training Institute (RSETI), Surat District.

The training programme has given complete training to following Self Help Groups during 4 – 13 November, 2020:

- 1) Pragati Self Help Group – Damaka Village
- 2) Pardevi Maa Self Help Group – Vansava Village
- 3) Jay Mahakali Maa Self Help Group – Bhatalai Village
- 4) Radhe Krishna Self Help Group – Bhatalai Village
- 5) Khimali Maa Self Help Group – Bhatalai Village
- 6) Jay Ramkul Maa Self Help Group – Bhatalai Village

In this programme the women of all above self help group have learned about making and selling of following items:

1. Tea Masala
2. Pickle Masala
3. Garam Masala
4. Pav Bhaji Masala
5. Idali Sambhar Masala
6. Pulav Masala
7. Chhole Masala
8. Turmeric Powder
9. Chilli Powder
10. Dhania Jeera Masala
11. Nagali Papad





UBA Cell, SVNIT, Surat has explained various marketing ideas and selling strategies to SHG Women and help by making and circulating of marketing poster in English as well as in Gujarati languages as given below:



## UNNAT BHARAT ABHIYAN CELL

### SVNIT, Surat



Heartily Inviting for purchase of Papad, Pickle and Masala, made by Self Help Group Women of Bhatalai, Damaka and Vansava Village of Chorysi Taluka, Surat District who had trained by Rural Self Employment Training Institute, Surat and organised by District Rural Development Agency, Surat

 <p><b>Tea Masala</b> ₹ 85 /-, 50 Gram</p>	 <p><b>Pickle Masala</b> ₹ 70 /-, 250 Gram</p>	 <p><b>Garam Masala</b> ₹ 100 /-, 100 Gram</p>
 <p><b>Pav Bhaji Masala</b> ₹ 80 /-, 50 Gram</p>	 <p><b>Idalai Sambhar Masala</b> ₹ 60 /-, 50 Gram</p>	 <p><b>Pulav Masala</b> ₹ 90 /-, 100 Gram</p>
 <p><b>Chhole Masala</b> ₹ 60 /-, 50 Gram</p>	 <p><b>Turmeric Powder</b> ₹ 60 /-, 250 Gram</p>	 <p><b>Chilli Powder</b> ₹ 75 /-, 250 Gram</p>
 <p><b>Dhania Jeera Powder</b> ₹ 60 /-, 250 Gram</p>	 <p><b>Cotton Wicks</b> ₹ 10 /-, 1 Packet</p>	 <p><b>Nagali Papad</b> ₹ 80 /-, 10 Nos.</p>

**Contact for Order** 

1) Smt. Vanitaben – Radhe Krishna SHG (Bhatalai Village) Mob. 70485 55445  
2) Smt. Nitaben – Pragati SHG (Damaka Village) Mob. 98791 04066  
3) Smt. Bhavanaben – Pardevi Maa SHG (Vansava Village) Mob. 77789 33815

**Contact for more Information** 

Smt. Falguniben Desai, Taluka Livelihood Manager, Ta. Choryasi, Surat District  
Mob. 97253 61015

**Be Vocal For Local, Let's Make Together: Aatma Nirbhar Bharat**



## ઉન્નત ભારત અભિયાન સેલ એસ.વી એન. આઈ. ટી, સુરત



જિલ્લા ગ્રામ વિકાસ એજન્સી, સુરત દ્વારા આયોજિત અને રૂરલ સેલ્ફ એમ્પ્લોયમેન્ટ ટ્રેનિંગ ઇન્સ્ટિટ્યૂટ, સુરત દ્વારા પ્રશિક્ષિત ભટલાઈ, દામકા અને વાંસવા ગામ તા. ચોર્યાસી, જી. સુરત નિવાસી મહિલા સખી મંડળ બહેનો દ્વારા બનાવેલ પાપડ, મસાલા અને અથાણાંની ખરીદી માટેનું હૃદયપૂર્વક આમંત્રણ:



ચા નો મસાલો  
₹ ૮૫ /-, ૫૦ ગ્રામ



અથાણાં નો મસાલો  
₹ ૭૦ /-, ૨૫૦ ગ્રામ



ગરમ મસાલો  
₹ ૧૦૦ /-, ૧૦૦ ગ્રામ



પાઉભાજી નો મસાલો  
₹ ૮૦ /-, ૫૦ ગ્રામ



ઈડલી સંભાર નો મસાલો  
₹ ૬૦ /-, ૫૦ ગ્રામ



પુલાવ નો મસાલો  
₹ ૮૦ /-, ૧૦૦ ગ્રામ



છોલે નો મસાલો  
₹ ૬૦ /-, ૫૦ ગ્રામ



હળદર  
₹ ૬૦ /-, ૨૫૦ ગ્રામ



મરચું  
₹ ૭૫ /-, ૨૫૦ ગ્રામ



ધાણા જીરું  
₹ ૬૦ /-, ૨૫૦ ગ્રામ



રૂની દીવેટો  
₹ ૧૦ /-, ૧ પેકેટ



નાગલી ના પાપડ  
₹ ૮૦ /-, ૧૦ નંગ

ઓર્ડર માટે સંપર્ક કરો

- ૧) શ્રીમતી વનીતાબેન - રાધે કૃષ્ણ સખી મંડળ (ભટલાઈ ગામ) મો. ૭૦૪૮૫ ૫૫૪૪૫
- ૨) શ્રીમતી નીતાબેન - પ્રગતિ સખી મંડળ (દામકા ગામ) મો. ૯૮૭૯૧ ૦૪૦૬૬
- ૩) શ્રીમતી ભાવનાબેન - પારદેવીમાં સખી મંડળ (વાંસવાં ગામ) મો. ૭૭૭૮૯ ૩૩૮૧૫

વધુ માહિતી માટે સંપર્ક કરો

શ્રીમતી ફાલ્ગુનીબેન દેસાઈ, તાલુકા લાઈવેલીહૂડ મેનેજર, તા. ચોર્યાસી, જી. સુરત  
મો. ૯૭૨૫૩ ૬૧૦૧૫

બી વોકલ ફોર લોકલ, ચાલો સાથે બનાવીએ આત્મ નિર્ભર ભારત



**Next action plan:**

Sr. No.	Activity to be conducted (along with reason) in month of December, 2020
1	Study of existing Government Primary School of Sunvali and Bhatalai village and work for making it as Green Building.
2	Contour map and design of lake development at Junagam Village: Jal Shakti Abhiyan
3	Execution of of Solid Waste Management & Treatment Plant for Junagam village: "Swachh Bharat Mission"
4	Work for setup of low-cost sanitary pad production unit as livelihood generation project in Bhatalai Village.

Dr. Shweta N. Shah  
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Coordinator,  
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