



UNNAT BHARAT ABHIYAN

PARTICIPATING INSTITUTE

SARDAR VALLABHBHAI NATIONAL INSTITUTE OF TECHNOLOGY, SURAT

PROGRESS REPORT

APRIL, 2020

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

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

Email: 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 | | |

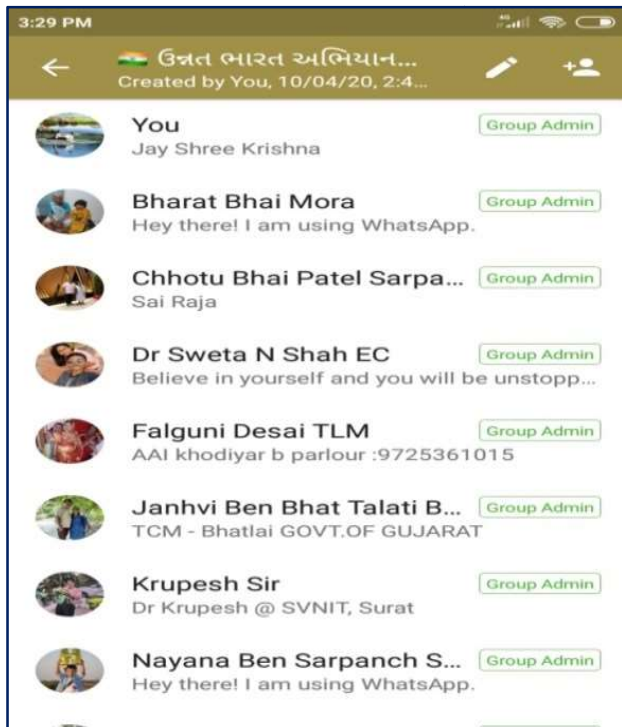
List of Activities:

ACTIVITY 1:

Title of the Activity: "Making of Whatsapp group for all 5 UBA adopted villages"

Need of the Activity: It is need to make one whatsapp group as platform for easy and fast communication of Government guidelines, Circular, Awareness and Preventive measure photos and videos in group to fight against COVID-19.

Brief Description (Need/Impact/Action/Picture (if any)): Unnat Bharat Abhiyan Cell, SVNIT, Surat has created one Whatsapp group namely "UBA ઉજ્જત ભારત અભિયાન" inclusive all Gram Sarpanches, Talati cum mantri, Taluka Panchayat Mmbers, Village school teachers, Farmers etc.



(a) Whatsapp Group of UBA adopted Villages by UBA Cell, SVNIT, Surat

(b) Circulating all Government guidelines, here requesting to Install and use of “Arogya Setu” app.

ACTIVITY 2:

Title of the Activity: “Students and Faculty member’s video conference meeting UBA Cell, SVNIT, Surat

Need of the Activity:

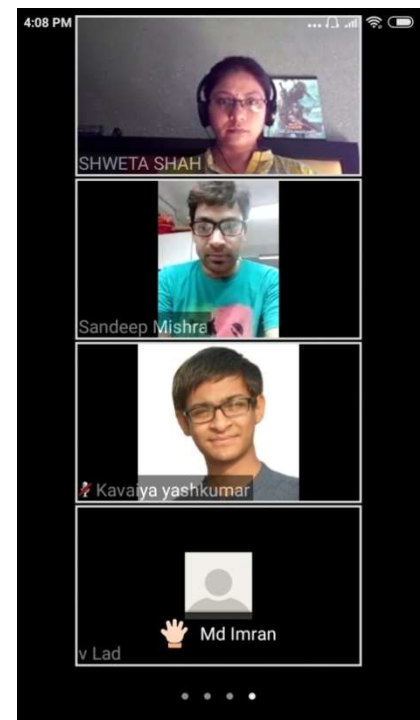
- 1) Creating awareness and preventive measures in UBA adopted villages to fight against COVID-19
- 2) Preparation of various project proposals like cloth mask manufacturing, hand sanitizer manufacturing and 3D Printed mask manufacturing

Brief Description (Need/Impact/Action/Picture (if any)): Unnat Bharat Abhiyan Cell, SVNIT, Surat has organised student and faculty member interaction video conference meeting with help of Zoom Cloud Meetings on 14th April, 2020.



Faculty members Dr. K. D. Yadav, Dr. Krupesh A. Chauhan and Dr. Shweta N. Shah has guided students about preparation of cloth mask manufacturing project proposal with help of stitching of cloth mask in sieving machine by UBA adopted village Self Help Group women. This will be making earning to village SHG women in pandemic situation of COVID-19.

It has also guided to make project proposal on Technology development for manufacturing of 3D Printed Face shield mask and Hand sanitizer.



ACTIVITY 3:

Title of the Activity: Unnat Bharat Abhiyan, Participating Institute, SVNIT, Surat has organized “COVID-19 Total Health, FIT India Movement”.

Need of the Activity: To share the knowledge and total health benefits of 3 Step Rhythmic Breathing techniques to all faculties, students of all Institutes across the country and all UBA villagers.



Creating Preventive measures and sharing immunity boosting through various exercises in UBA adopted villages to fight against COVID-19

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

Webinar on “COVID-19: Total Health, FIT India Movement” organised by UBA Cell, SVNIT, Surat

Date: 16th April, 2020

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

Email: kac3srb@gmail.com

Mob: +91 97277 12357

Unnat Bharat Abhiyan, Participating Institute, SVNIT, Surat has organized “COVID-19 Total Health, FIT India Movement” by Zoom Cloud Meetings application and invited all Participating Institutes, UBA adopted villagers, Volunteers from Surat City to participate in program for healthy mental & physical fitness through rhythmic breathing technique (3SRB).

Video Conferencing application: Zoom cloud meetings

Join Zoom Meeting:

<https://us04web.zoom.us/j/75171333531>

Meeting ID: 751 7133 3531

Date: 16th April, 2020 (Thursday)

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

The report on video workshop on “COVID-19: Total Health, FIT India Movement” are as follow:

- 1) Unnat Bharat Abhiyan Cell, SVNIT, Surat has organized online video workshop 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.
- 2) Dr. Krupesh A. Chauhan, has started the video workshop on 5:55 P.M. with heartily welcomed to more than 60 participants and given introduction of UBA



Cell, SVNIT, Surat and spread the 7 points of Prime Minister Shri. Narendra Modi for fighting against Corona Virus.

1. Take extra care of aged people at home
2. Follow social distancing, use homemade masks
3. Follow Ayush prescriptions for boosting immunity.
4. Use Arogya Setu App.
5. Help & care for poor families.
6. Don't fire your employees.
7. Respect corona warriors.

3) Dr. Kruepsh A. Chauhan has described and explains the content of workshop of Total Health and instructed 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.

- 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

4) All participants have appreciated the work and efforts of UBA Cell, SVNIT, Surat for instructed on improving "Total Health" program as part of FIT India Movement.

The program has concluded with view to meet on regular weekly basis on probably on every Thursday.



COVID-19: Total Health (Fit India Movement)

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

Webinar Through Zoom
16th April 2020, Thursday

Presentation By
Dr. Krupesh A. Chauhan
Coordinator UBA cell, SVNIT,
Surat, Gujarat.
Mob:97277 12357
E-Mail – kac@ced.svnit.ac.in

Unnat Bharat Abhiyan Cell, SVNIT, Surat.

Dr. K. D. Yadav
Regional Coordinator

Dr. Manish K. Rathod
Regional Co - Coordinator

Dr. Krupesh A. Chauhan
UBA Coordinator

Dr. Shweta N. Shah
UBA Co - Coordinator





Scribe: Shri S. N. Tavaria 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**

Stay Home, Stay Safe



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

Thank You

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

By

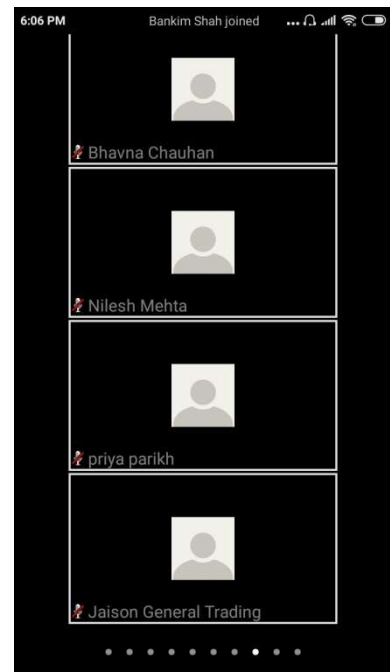
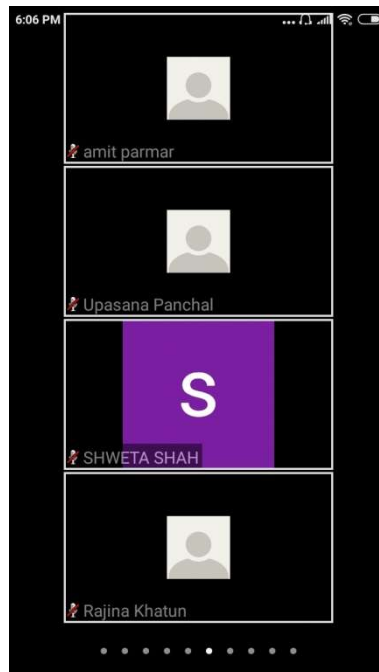
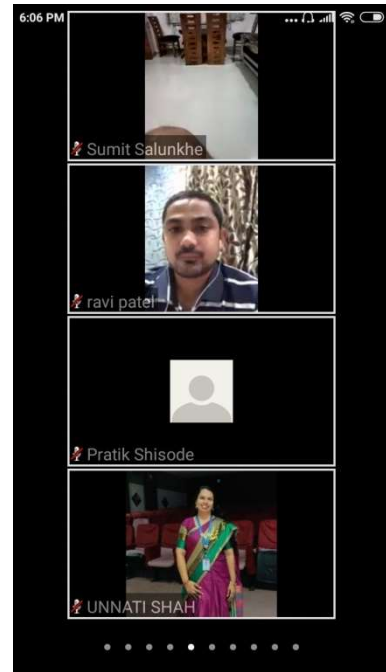
Dr. Krupesh A. Chauhan
Coordinator UBA cell, SVNIT,
Surat, Gujarat.

Mob:97277 12357

E-Mail – kac@ced.svnit.ac.in



Photographs of COVID-19: Total Health, FIT India Movement program hosted by UBA Cell, SVNIT, Surat





6:07 PM 751-7133-3531 Leave

COVID-19: Total Health (Fit India Movement)

Organized by
Unnat Bharat Abhiyan Cell
S. V. National Institute of Technology, Surat.
 Webinar Through Zoom
 16th April 2020, Thursday

Presentation By
 Dr. Krupesh A. Chauhan
 Coordinator UBA cell, SVNIT,
 Surat, Gujarat.
 Mob:97277 12357
 E-Mail = kac@ced.svnit.ac.in

Unmute Stop Video Share Participants More

6:07 PM Rahul Joined

COVID-19 Lockdown 2.0

PM's 7 Point Agenda:

1. Take extra care of Aged people at home
2. Respect social distancing, use homemade masks
3. Follow Ayush prescriptions for boosting immunity
4. Use Aarogya Setu app
5. Help & care for poor families
6. Don't fire your employees
7. Respect Corona warriors

Krupesh Chauhan's screen

6:09 PM Vaxita Patel left

Scribe: Shri S. N. Tavaria Sir

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Motto:
 Breathe in Love
 Breathe out Forgiveness

Krupesh Chauhan's screen

6:16 PM

ATR Exercise 4

Focus Area:
Chest

Method:

- Take a deep breath, put both palms on the chest.
- Hold the breath, stretch your chest out side, make it like a rock.
- Keep it for 15 seconds and then release.
- Do it three times.

Krupesh Chauhan's screen

6:17 PM 751-7133-3531 Leave

ATR Exercise 4: Benefits

Cough and Cold Bronchitis Asthma

Heart Problems

Improves Circulation

Krupesh Chauhan's screen

6:22 PM

ATR Exercise 6: Benefits

Whole Body is Stretched

Spine Problem

Improves Circulation

Krupesh Chauhan's screen



ACTIVITY 4:

Title of the Activity: Submitting Project proposal on technology development for manufacturing of 1) Safety Cloth Mask and 2) Hand Sanitizer and 3) 3D Printed Face Shield Mask for UBA adopted villages to fight against COVID-19.

Need of the Activity:

Creating Preventive measures in UBA adopted villages to fight against COVID-19

Brief Description (Need/Impact/Action/Picture (if any)): Unnat Bharat Abhiyan Cell, SVNIT, Surat has prepared detail project reports on technology development theme of UBA and submitted 3 project proposals to Unnat Bharat Abhiyan.

1) Safety Cloth Mask:

Project deliverable:

The mask will be provided to the villagers of adopted villages. Creating sessions to make them aware related to the corona effect.

The earning possibility to the Sakhi Mandal ladies in the pandemic situation of COVID-19

Impact of the Project in Villages:

Village people will get protection against the Corona Virus, awareness of self-hygiene and mask as safety guard to one and all.

2) Hand Sanitizer:

Project deliverable:

The hand sanitizer will be provided to the villagers of adopted villages and it will help to protect and prevent form corona virus. Creating sessions to make them aware related to the corona effect.



Impact of the Project in Villages:

Medical staff and cleaning workers will get protection against the Corona Virus, awareness of self-hygiene and hand sanitizer as safety guard to one and all.

3) 3D Printed Face Shield Mask:

Project deliverable:

The face shield masks will be provided to the villagers of adopted villages. Creating sessions to make them aware related to the corona effect.

Impact of the Project in Villages:

Medical staff and cleaning workers will get protection against the Corona Virus, awareness of self-hygiene and face shield mask as safety guard to one and all.

ACTIVITY 5:

Title of the Activity: Webinar on “COVID-19: Total Health, FIT India Movement” organised by UBA Cell, SVNIT, Surat

Need of the Activity: To share the knowledge and total health benefits of 3 Step Rhythmic Breathing techniques to all faculties, students of all Institutes across the country and all UBA villagers.

Creating Preventive measures and sharing immunity boosting through various exercises in UBA adopted villages to fight against COVID-19

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

Webinar on “COVID-19: Total Health, FIT India Movement” organised by UBA Cell, SVNIT, Surat

Date: 23rd April, 2020

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

Email: kac3srb@gmail.com

Mob: +91 97277 12357

Unnat Bharat Abhiyan, Participating Institute, SVNIT, Surat has organized “COVID-19 Total Health, FIT India Movement” by Zoom Cloud Meetings application



and invited all faculties and students of UBA Participating Institutes, UBA adopted villagers, Volunteers from Surat City to participate in program for healthy mental & physical fitness through rhythmic breathing technique (3SRB).

Video Conferencing application: Zoom cloud meetings

Join Zoom Meeting:

<https://us04web.zoom.us/j/79274132202>

Meeting ID: 792 7413 2202

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

The report on video workshop on “COVID-19: Total Health, FIT India Movement” are as follow:

- 1) Unnat Bharat Abhiyan Cell, SVNIT, Surat has organized online video workshop 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.
- 2) Dr. Krupesh A. Chauhan, has started the video workshop on 5:55 P.M. with heartily welcomed to more than 50 participants and given introduction of UBA Cell, SVNIT, Surat and spread the 7 points of Prime Minister Shri. Narendra Modi for fighting against Corona Virus.

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- 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
-
- 4) 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.
 - 5) All participants have appreciated the work and efforts of UBA Cell, SVNIT, Surat for instructed on improving “Total Health through Rhythmic Breathing: COVID-19” program as part of FIT India Movement.

The program has concluded with view to meet on regular weekly basis on probably on every Thursday.



Total Health Through Rhythmic Breathing: COVID-19 (Fit India Movement)

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

Webinar
23rd April 2020, Thursday

Presentation By
Dr. Krupesh A. Chauhan
Coordinator UBA cell, SVNIT,
Surat, Gujarat.
Mob:97277 12357
E-Mail – kac@ced.svnit.ac.in

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Dr. Shweta N. Shah
UBA Co - Coordinator





Scribe: Shri S. N. Tavaría Sir

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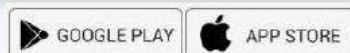


2nd March 1920 –
29th May 1994

Motto:

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Thank You

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

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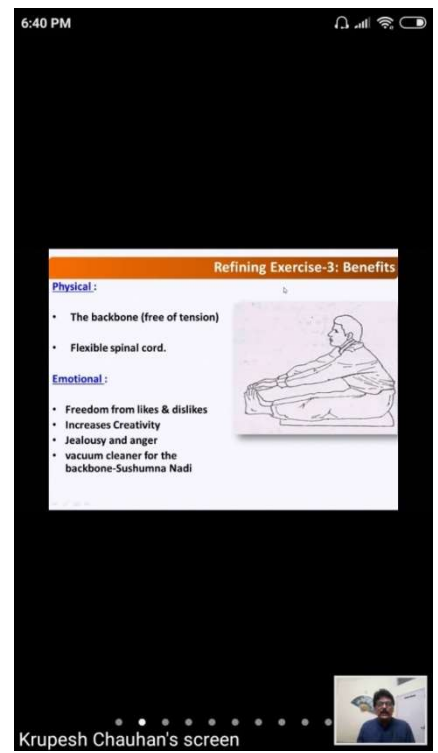
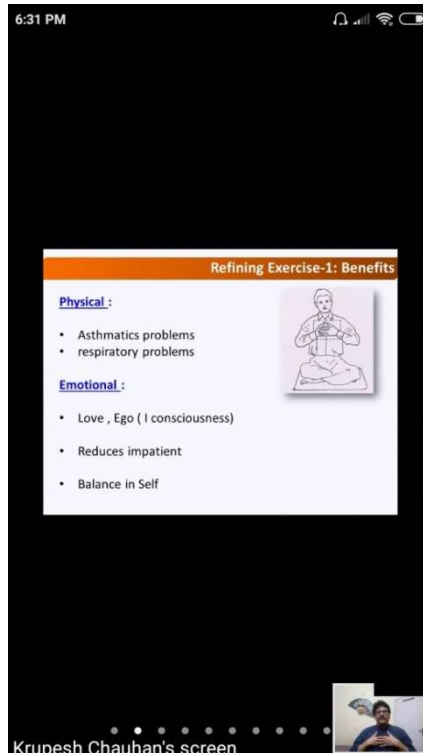
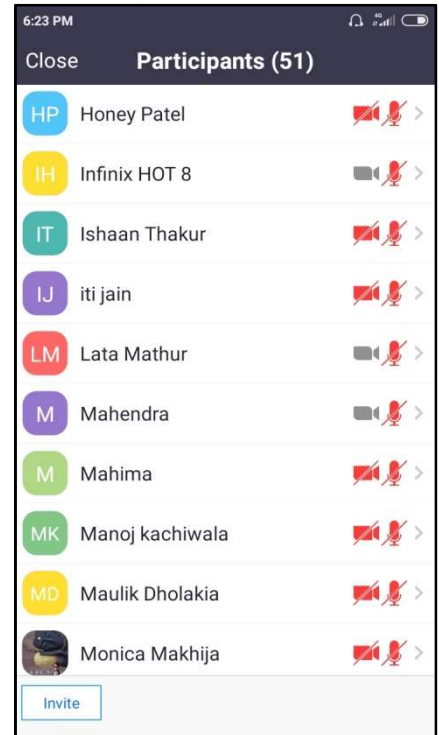
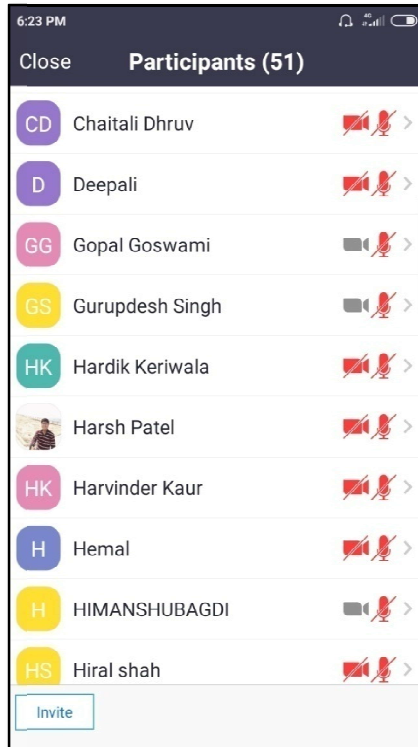
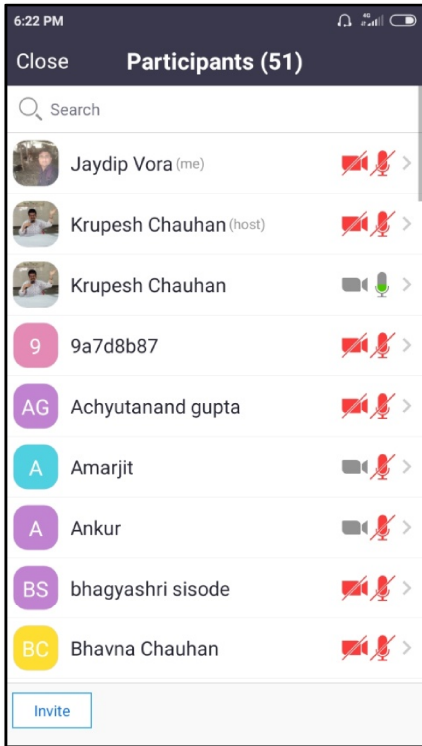
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Photographs of COVID-19: Total Health, FIT India Movement program hosted by UBA Cell, SVNIT, Surat







6:43 PM

Refining Exercise-5


Method :
Square Breathing(5 sec inhale 5 sec hold inside 5 sec exhale 5 sec hold outside)
Time :Maximum for one minute in the beginning.

6:55 PM 792-7413-2202 Leave

Note for Refining Exercises

- Do all the 7 exercise set at a time.
- Age: 7 years and/or above
- For beginners start with maximum 1 minute each exercise.
- Do it empty stomached.
 - Full meal (after 3 hr)
 - Breakfast (after 1 hr)
 - Tea/ Coffee (after ½ hr)
- Once in a Day.
- Take guidance for any health issue from the 3srb Centers/ members/ videos.
- Follow the equation
 - 7-1=0, 30-1=0, 365-1=0



Unmute Stop Video Share Participants More

7:14 PM

Stay Home, Stay Safe

3SRB - 3STEP INHYTARQ BREATHING

Step Breath


<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

Thank You

Krupesh Chauhan's screen



6:06 PM

Jaydip Vora

Krupesh Chauhan

Gopal Goswami

Ankur



6:06 PM

QCOM-BTD

Lata Mathur

Gurupadesh Singh

Ruchika



6:06 PM

Smeet Lalan

Yamee Thakkar

Raghubhai Padmani

Sukhvinder kaur





ACTIVITY 6:

Title of the Activity: Creating community awareness message group photo by faculties and student members of Unnat Bharat Abhiyan, SVNIT, Surat to fight against COVID-19.

Need of the Activity: For motivate and circulating Government safety preventive and precautionary measures with help of group photo and circulating to all UBA villagers and UBA Whatsapp group.

Brief Description (Need/Impact/Action/Picture (if any)): UBA Cell, SVNIT, Surat has requested to all faculties and students of SVNIT, Surat for submitting one photo holding with white plain paper and after collection of photos, created one awareness group photo.



Unnat Bharat Abhiyan Cell

Sardar Vallabhbhai National Institute of Technology, Surat





ACTIVITY 7:

Title of the Activity: Webinar on “COVID-19: Total Health, FIT India Movement” organised by UBA Cell, SVNIT, Surat

Need of the Activity: To share the knowledge and total health benefits of 3 Step Rhythmic Breathing techniques to all faculties, students of all Institutes across the country and all UBA villagers.

Creating Preventive measures and sharing immunity boosting through various exercises in UBA adopted villages to fight against COVID-19

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

Webinar on “Total Health Through Rhythmic Breathing: COVID-19, FIT India Movement” organised by UBA Cell, SVNIT, Surat

Date: 30th April, 2020

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

Email: kac3srb@gmail.com

Mob: +91 97277 12357

Unnat Bharat Abhiyan, Participating Institute, SVNIT, Surat has organized “Total Health Through Rhythmic Breathing: COVID-19, FIT India Movement” by Zoom Cloud Meetings application and invited all faculties and students of UBA Participating Institutes, UBA adopted villagers, Volunteers from Surat City to participate in program for healthy mental & physical fitness through rhythmic breathing technique (3SRB).

Join Zoom Meeting:

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Meeting ID: 734 7175 6556

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

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3) Introduction: 3SRB (3 Step Rhythmic Breathing)

4) Refining Exercise

5) Sharing / Questions

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The program has concluded with view to meet on regular weekly basis on probably on every Thursday.

Total Health Through Rhythmic Breathing: COVID-19 (Fit India Movement)

Organized by

Unnat Bharat Abhiyan Cell

S. V. National Institute of Technology, Surat.

Webinar

30th April 2020, Thursday

Presentation By

Dr. Krupesh A. Chauhan
Coordinator UBA cell, SVNIT,
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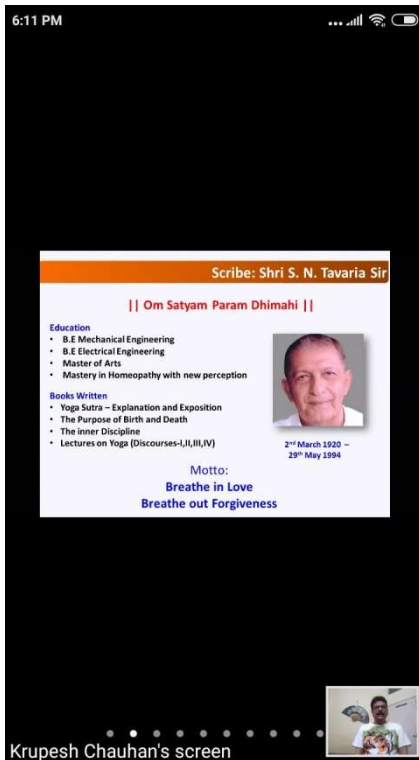
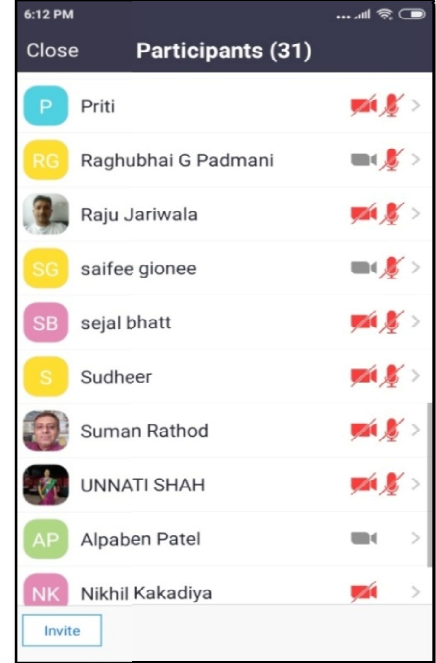
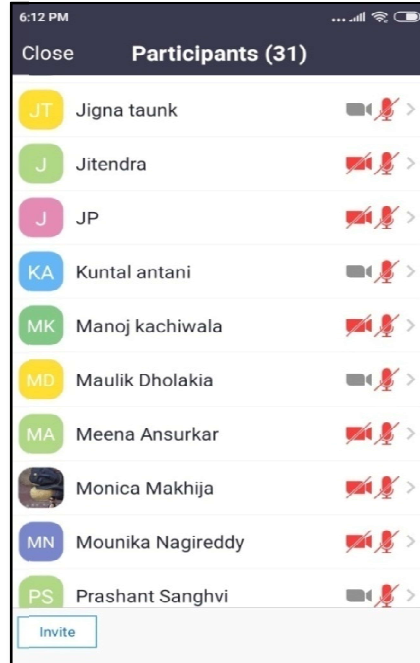
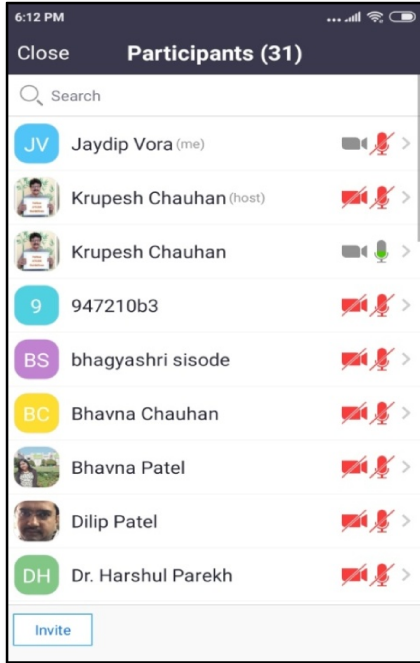
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6:14 PM



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.

Krupesh Chauhan's screen

6:15 PM

ATR Exercise 1: Benefits



Arthritis
Pain & swelling
Motion & stiffness





Krupesh Chauhan's screen

Security • now

Zoom is using microphone in the background
Tap to manage permissions

ATR Exercise 5: Benefits

Unmute Start Video Share Participants More



6:22 PM

ATR Exercise 6

Focus Area: Back and Abdomen Muscles

Method:

- Stand up, keep legs apart, breathe in and raise both the hands straight above the head. At the same time stretch your body up on the toes of the legs
- Stretch your whole body until you stand on the toes. Hold the breath and balance the body.
- Keep it for 15 seconds and then release.
- Do it three times





Krupesh Chauhan's screen

6:28 PM

3 Step Rhythmic Breathing (3SRB)

Breathe in 1 2 3 (3 Seconds) Breathe out 5 6 (2 seconds)
12 Breathe cycles per Minute

6:55 PM

734-7175-6556 Leave

References



Websites:
<https://www.3srb.org/>
<http://www.3stepbreath.com/>



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ACTIVITY 8:

Title of the Activity: Manufacturing of safety cloth mask by sewing machine with help of Self Help Group women of UBA adopted villages during month of April 2020.

Need of the Activity: To provide preventive safety cloth mask to Doctors, health care workers, cleanliness workers, shop keepers and villagers of UBA adopted villages and making them safer from infectious Corona Virus COVID-19.

Brief Description (Need/Impact/Action/Picture (if any)): UBA Cell, SVNIT, Surat has taken follow-ups with UBA village level women group: Self Help Group “Sakhi Mandals” for making of safety cloth mask.

Dr. Shweta N. Shah, Co-coordinator, PI, UBA and team UBA Cell, SVNIT, Surat has took lead and acquire donated cloth material from local textile market of Surat city.

The necessary training and design has given to Self Help Group by UBA Cell, SVNIT, Surat and provided required cloth for making safety masks from it by sewing machine. The charges ₹ 4/- per mask was given to maker of mask and which will help women as earning source of Self Help Group of UBA adopted villages in such pandemic situation due to COVID-19. Total 4,238 safety cloth masks had made under this project.

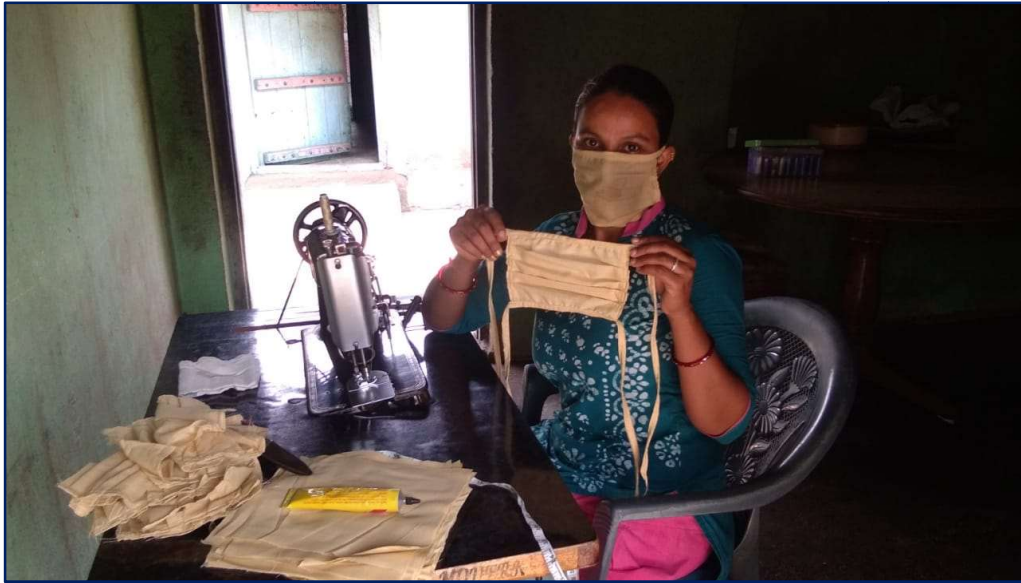
All safety cloth masks has distributed to village level health care workers, clean lines workers, shop keepers, vegetable market, old age villagers and Gram Panchayat members to prevent them from spreading of Corona Virus and making them safer.



(a) Providing training and guidance to SHG women for making of safety cloth mas



(b) Creating sample of safety cloth mask and handed over to Sarpanch shri Bhagu bhai, Junagam Village.



- (c) SHG women circulating awareness and motivational photo message to use handmade safety cloth mask to the society for prevention from COVID-19.



(d) Sarpanch Shri Bhagubhai, Junagam Village explaining Government safety guidelines and preventive measures to villagers.



(e) Explaining safety precautions and distribution of safety cloth mask to villagers.



Next action plan:

| Sr. No. | Activity to be conducted (along with reason) in month of May, 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 on “Health & Fitness by Ayurveda for Immunity Boosting: COVID-19, FIT India Movement” |
| 3 | Webinar on 3 Day series of “Farm to Pharmacy: Organic Farming, Medicinal & Herbal Farming, Post Harvest Technology & Value Addition” |

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