



UNNAT BHARAT ABHIYAN

PARTICIPATING INSTITUTE

SARDAR VALLABHBHAI NATIONAL INSTITUTE OF TECHNOLOGY, SURAT

PROGRESS REPORT

MAY, 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: Webinar on "Health & Fitness by Ayurveda for Immunity Boosting: COVID-19, FIT India Movement" for health & fitness improving by Ayurveda and boosting of immunity by following Ayush guidelines to fight against Corona Virus.

Need of the Activity: Unnat Bharat Abhiyan Cell, SVNIT, Surat has organized online video workshop for improving of health and fitness through Ayurvedic technique and guidelines of Ayush Ministry, Government of India, invited to all UBA participating Institutes, UBA adopted villagers and volunteer citizens from Surat city.



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

Webinar on “Health & Fitness by Ayurveda for Immunity Boosting: COVID-19, FIT India Movement”

Date: 1st May, 2020

Time: 11:00 A.M. to 12:00 P.M.

Speaker: Shri. Jitesh Soni, Resource Person, UBA Cell, SVNIT, Surat

Email: jiteshjitesh54@gmail.com

Mob: +91 89055 80910

Join Zoom Meeting:

<https://us04web.zoom.us/j/73471756556>

Meeting ID: 734 7175 6556

The report on video workshop on “Health & Fitness by Ayurveda for Immunity Boosting: COVID-19, FIT India Movement” are as follow:

- 1) Unnat Bharat Abhiyan Cell, SVNIT, Surat has organized online video workshop for improving of health and fitness through Ayurvedic technique and guidelines of Ayush Ministry, Government of India, invited to all UBA participating Institutes, UBA adopted villagers and volunteer citizens from Surat city.
- 2) Dr. Krupesh A. Chauhan, UBA Coordinator, SVNIT, Surat has heartily welcomed to all participants for joining webinar.
- 3) Shri. Jitesh Soni, Instructor of webinar has started the video workshop on 11:00 A.M. with heartily welcomed to more than 10 participants and given introduction of Webinar and explain in brief about Corona Virus.
- 4) Shri Jitesh Soni has described and explains the content of webinar to fight against Corona Virus with help of PPT. The points of instructions are as follows:



- 1) Information about Corona Virus
- 2) How to prevent from Corona Virus, corona disease is act on those persons whose immunity system is weak, so its need to increases immunity power of Human beings.
- 3) Following a daily routine as per guided by Ministry of Ayush, Government of Gujarat. Some points of guideline are as follows:
 - 3.1) Drink warm water throughout the day
 - 3.2) Daily practices of Yogasana, Pranayana and Meditation for at least 30 minutes.
 - 3.3) Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) recommended in cooking.
 - 3.4) Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.
 - 3.5) Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.
 - 3.6) Golden Milk- Half tea spoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.
- 5) Shri. Jitesh Soni have also explain the benefit of following “Rutu Charya” (Seasonal Habits) and “Din Charya” (A Routine Habit).
- 6) All participants have shared their questions related to Ayush guidelines and solved by Shri. Jitesh Soni.

Q: How to keep balance our body in between following Ayush guidelines as all type of Ayush solutions are very hot & warm for our body?



A: Shri. Jitesh Soni has replied to eat following for keeping ourselves in balance with Ayush Guidelines.

- 7.1) Drink only water stored in Clay Pot.
- 7.2) Drink Cow Milk as per digestibility.
- 7.3) Apply Ghee, Butter, Khoa in food.
- 7.4) Eat Lauki, Cucumber, Cabbage, Full Gobi, Parval, Dhaniya (Coriander)
- 7.5) Sugarcane juice and Coconut juice is good for health in Summer.

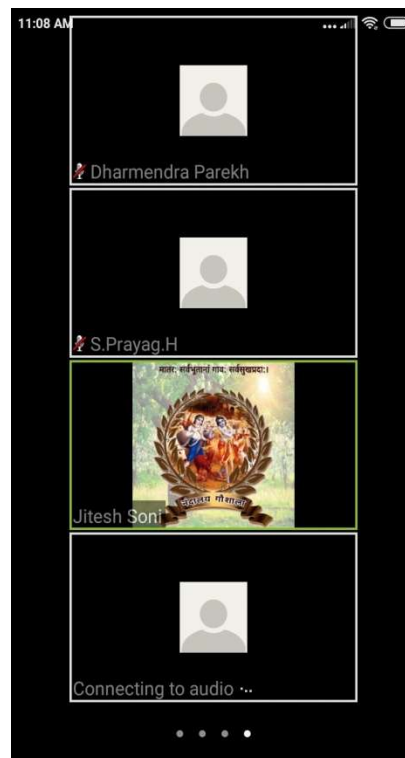
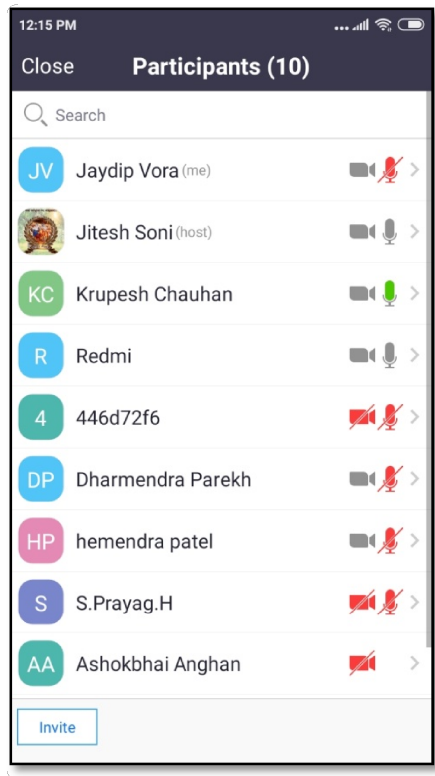
For more details are explained in PPT (Enclosed).

- 7) All participants have appreciated the work and efforts of UBA Cell, SVNIT, Surat for hosting such webinar for health & fitness improving by Aurvedic & Ayush solutions. Er. Jaydip N. Vora, UBA Manager, SVNIT, Surat has given vote of thanks to all participants.

The program has concluded with view to meet again at appropriate time.



Photographs of “Health & Fitness by Ayurveda for Immunity Boosting: COVID-19, FIT India Movement” program hosted by UBA Cell, SVNIT, Surat





ACTIVITY 2:

Title of the Activity: Webinar on “Total Health Through Rhythmic Breathing: COVID-19, 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)):

Webinar on “Total Health Through Rhythmic Breathing: COVID-19, FIT India Movement”

Date: 7th May, 2020

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

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

Email: kac3srb@gmail.com

Mob: +91 97277 12357

Join Zoom Meeting:

<https://us04web.zoom.us/j/77856974638>

Meeting ID: 778 5697 4638

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

- 1) 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.
- 2) Dr. Krupesh A. Chauhan, has started the video workshop on 5:55 P.M. with heartily welcomed to more than 58 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. Krupesh 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.
- 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 organising of webinar on "Total Health through Rhythmic Breathing: COVID-19" program as part of FIT India Movement.
- The program has concluded with a view to meet for webinar 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

7th May 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 Webinar: “Total Health Through Rhythmic Breathing: COVID-19, FIT India Movement” program hosted by UBA Cell, SVNIT, Surat

6:09 PM

Zoom

Leave

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-UJULIV)

2nd March 1920 – 29th May 1994

Motto:
Breathe in Love
Breathe out Forgiveness

Unmute Start Video Share Participants More

6:47 PM

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 stomach.
- 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

Krupesh Chauhan's screen

6:15 PM

ATR Exercise 3

Focus Area:
Back, Legs, Heel, Toes.

Method:

- stretch your right leg straight and then fold your left leg.
- Hold the leg from the lower part of the knee and lift the leg for 4 to 6 cm.
- Keep the leg straight and tight, toes towards yourself. Hold for 15 seconds and then release.
- Do it three times.

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3 Step Rhythmic Breathing (3SRB): Benefits

- Oxygen: Brain body system
- Rhythm: Relaxation
- Stress: Reduced
- Thinking rate: 120/sec to 20/sec
- Unfolds: Moral values
- Freedom: from past
- possibility Open up
- New source of energy from astral body
- Save: 9000 Breaths per day

Step Breath

Krupesh Chauhan's screen

6:50 PM

3 Step Rhythmic Breathing (3SRB)

Breathe in Radhe (3 Seconds) Breathe out in Krishna (2 seconds)

12 Breathe cycles per Minute

Walking

Sleeping

Sitting

Standing

Krupesh Chauhan's screen

6:55 PM

References

<https://www.youtube.com/watch?v=3srb0M>

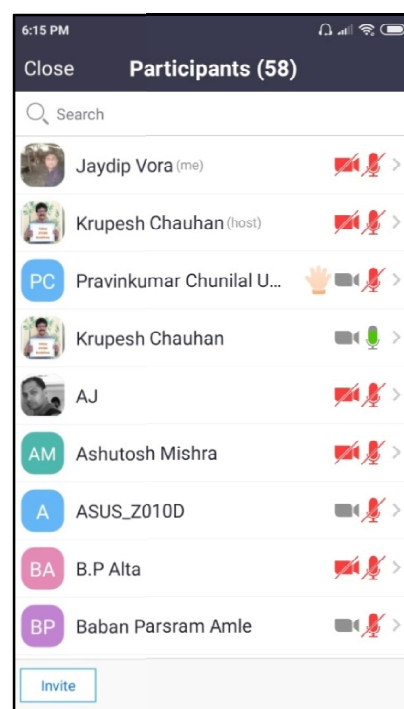
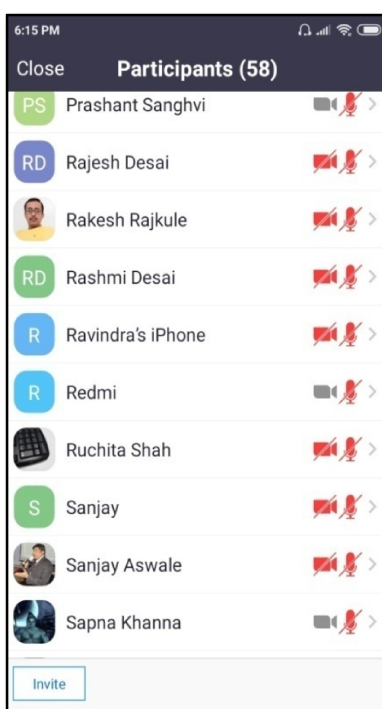
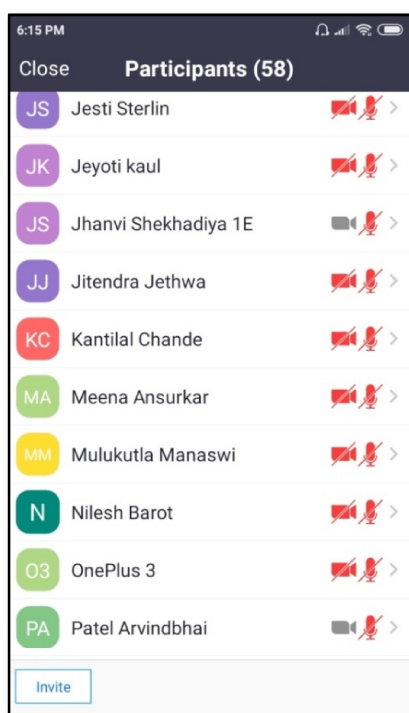
<https://www.youtube.com/watch?v=3srb0M>

Websites:

<https://www.3srb.org/>

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

Unmute Start Video Share Participants More





ACTIVITY 3:

Title of the Activity: Drawing competition for school students of UBA adopted villages to creating awareness and fight against COVID-19, released on 7th May, 2020

Need of the Activity: Unnat Bharat Abhiyan Cell, SVNIT, Surat has organized a Drawing Competition in this school students have to make their own drawing which includes safety and precautionary topics to stop spreading of Corona Virus.

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

Unnat Bharat Abhiyan Cell, SVNIT, Surat organizes a * "Drawing Competition" * to raise awareness about the Government's guidelines for preventing the spread of Corona virus and invites all students to participate.

In this drawing competition, students will have to draw from their home, present page, pen, pencil / color

In the "Drawing Competition" students can create and send a drawing on the following safety and precautionary topics using the pen, pencil, color present on the A2 Size / Full Scape page.

- 1) Stay home, be safe.
- 2) Wear a safety mask.
- 2) Do not go to crowded places and create safety social distance and follow.
- 3) Cover mouth when sneezing or coughing.
- 4) Wash hands thoroughly frequently.
- 5) Download the "Arogya Setu" app.
- 6) To follow the guidelines given by the Ministry of AYUSH to increase immunity.
- 7) Drink warm water during the day.
- 8) Steam with hot water.
- 9) Eat light and fresh hot food.



Apart from this, Unnat Bharat Abhiyan Cell, SVNIT, Surat has request to send prepared drawings.

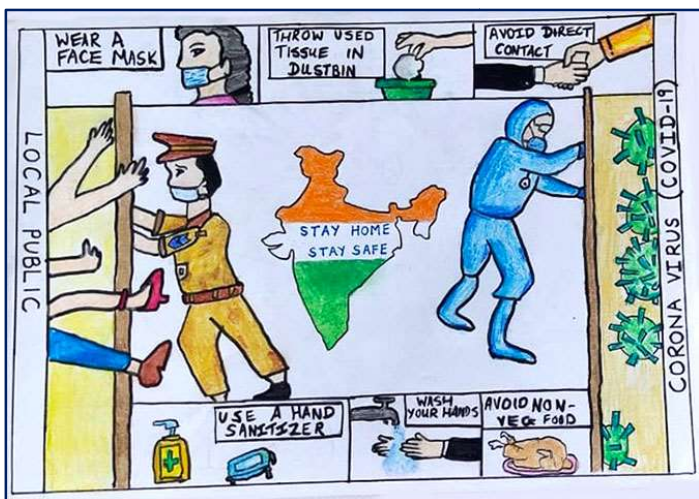
All the students participating in this competition should mention the following information in the picture

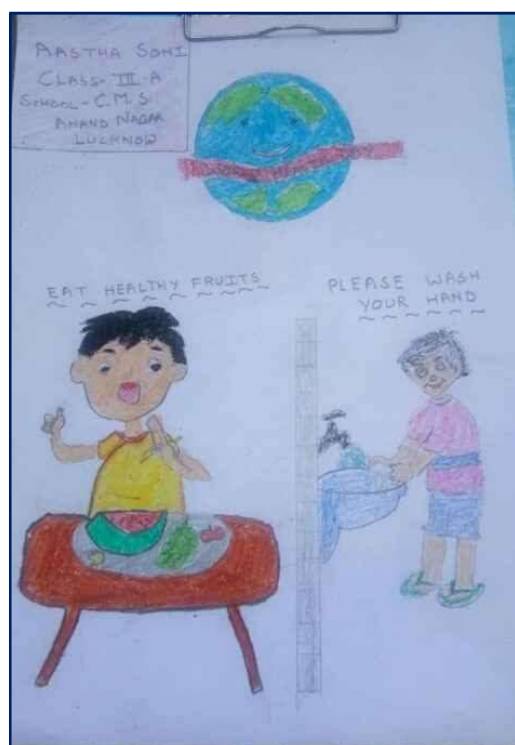
- 1) His own name
- 2) Standard
- 2) Attendance number
- 2) Name of the school
- 2) Write the name of the village

All the students participating in the drawing competition will be given a certificate from Unnat Bharat Abhiyan Cell, SVNIT, Surat after the commencement of school.

It has also requested to Students that they can prepare and send 2-3 minute awareness videos on the above topics to prevent corona virus. *

Reference pictures are given below.:





ACTIVITY 4:

Title of the Activity: Webinar Series: Farm to Pharmacy, Day 1: Organic Farming” on 8th May, 2020

Need of the Activity: To promote Organic farming and making peoples self reliable on health and fitness through medicinal and herbal farming. It has also aimed to make useful health improvement products with help of post harvest technology from medicinal and herbal farming.



Brief Description (Need/Impact/Action/Picture (if any)): Unnat Bharat Abhiyan Cell, SVNIT, Surat has organized 3 day webinar series on “Farm to Pharmacy” during 8th to 10th May, 2020. UBA Cell, SVNIT, Surat has coordinated with Participating Institute, Navsari Agriculture University, Navsari for hosting the webinar. 3 Resource person from NAU, Navsari has given speeches in webinar.

“Webinar Series: Farm to Pharmacy, Day 1: Organic Farming”

Date: 8th May, 2020

Hosted by:

Krishi Vigyan Kendra, Navsari

Navsari Agriculture University, Navsari

Organized by:

Participating Institute

Sardar Vallabhbhai National Institute of Technology, Surat

Unnat Bharat Abhiyan, Participating Institute, SVNIT, Surat and Krishi Vigyan Kendra, Navsari Agriculture University, Navsari has organized 3 day webinar series on “Farm to Pharmacy” 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 self dependency & self health care by making own pharmacy from medicinal and herbal farming on own farm / kitchen gardening.

The webinar on “Farm to Pharmacy” has organized in 3 day series:

Day 1: Topic: “Farm to Pharmacy: Organic Farming:

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

Webinar Speaker: Dr. C. K. Timbadia, Senior Scientist and Head, Krishi Vigyan Kendra, Navsari Agriculture University, Navsari

Email: kvknavsari@yahoo.com

Mob: +91 98253 86435



Join Zoom Meeting:

<https://us04web.zoom.us/j/77683162183?pwd=STlZjhESTk3QjJ6VTFDdFNpNEsvdz09>

Meeting ID: 776 8316 2183

The report of webinar on “Farm to Pharmacy: Organic Farming” are as follow:

- 1) Dr. Krupesh A. Chauhan has started the webinar on 4:55 P.M. with heartily welcomed to more than 30 participants and explained importance of webinar on topic “Farm to Pharmacy: Organic Farming” and he has welcomed to speaker Dr. C. K. Timbadia from Krishi Vigyan Kendra, Navsari Agriculture University, Navsari.
- 2) Dr. C. K. Timbadia has explained how “Farm to Pharmacy” knowledge helpful to sustain self health care and to boosting immunity power for fight against COVID-19 and started to deliver knowledge on “Organic Farming”. He has started to give knowledge about “Organic Farming” as follows:
- 3) In India all farmers have used to do farming with use of cow dung, cow urine and farm residue as fertilizer in past and ancient period. The microbes presence in cow dung and cow urine prepares a food and take nitrogen from atmosphere and give to plant for growing up. The National NPK ratio of 4:2:1 (N:P₂O₅ :K₂ O) is generally considered ideal and accepted for macro-level monitoring of consumption of plant nutrients for the country as a whole.
- 4) But due to “Green Revolution”, farmers have started application of very harmful chemical fertilizers and chemical pesticides in farm to get more crop yield. During testing of N:P:K ratio of these farms all over India, it has found that the Nitrogen value goes up to 10, which very harmful for plants as nutrient and harmful for human body.
- 5) Dr. C. K. Timbadia has called many names of “Organic Farming” famous in India like: “Sendriya Kheti”, “Prakrutik Kheti”, “Gau Adharit Kheti”.
- 6) He explained that per 1 gram of cow dung contains 300 to 500 crores of bacteria which helpful for plant growing, they help to take nutrients from soil and prepare food for plant.

Over 1 hectare (4 vigha or 100 Guntha, as per south Gujarat) there is 78000 tonnes of Nitrogen is readily available so if farmer use cow dung and cow



urine as fertilizer than there will be no requirement of chemical fertilizers like Urea, DAP etc.

- 7) He had also suggested to use Organic Pesticides and Insecticides like Das Parni Ark, Neemastra, Agniastra etc. which can be made from Neem leaves, Papaya leaves, Custard apple leaves, Jatropha leaves etc. mix a solution as anti-fungal for plants.
- 8) Dr. C. K. Timbadia explained one practical study that during study of 100 women mother milk, there were harmful pesticides found, that is very harmful for human being. So there is today's need to promote and doing the Organic Farming.
- 9) In “Organic Farming”, farmer get following benefits:
 - 9.1) Fertilizer is made from natural resources like cow dung, cow urine and various agriculture residues.
 - 9.2) No other investment required to buy costly and harmful chemical fertilizers and pesticides
 - 9.3) Less Irrigation water is required for crops.
 - 9.4) Improves soil fertility and soil health.
 - 9.4) High and quality crop yields make high profit.
 - 9.5) Strengthen human body by high nutrient value crop from organic farming.
- 10) He has explained that for doing organic farming, a farmer can bought cow dung / cow urine from other farmer or he can animal husbandry for more efficient and profit.
- 11) He has explained that Krishi Vigyan Kendra and Navsari Agriculture University has been working since 10 years in field of organic farming and create organic farm of 10 acre size within university campus.



He has promoted SPNF: Subhash Palekarji Natural Farming methodology among 850 farmers and empower them for doing SPNF Organic Farming during last 4 years.

- 12) Dr. C. K. Timbadia has also suggest to do “Kitchen Gardening” means to grow all daily needed vegetables, fruits and medicinal plants at household level on terrace, on balcony or varandah open space where sun light is available.

He has shown lauki (Dudhi) grown on their own terrace kitchen garden.

He has given guidance to so many citizens of south Gujarat citizens by live demo and helped in established successful kitchen gardens. He has said by doing kitchen gardening a family can save ₹ 4,000 per month. And get healthy & fit by eating high nutrient value food.

Dr. C. K. Timbadia conducted speech by giving thanks to all participants and welcomed to all participants for sharing questions regarding organic farming.

13) Question & Answer session:

13.1) Dr. Dharmendra Parekh has asked for helping them in subject of “Kitchen Gardening” with any reference books available.

Dr. C. K. Timbadia has replied that team from Navsari Agriculture University is preparing a book which includes more than 2000 types of crops and will share soon.

13.2) Dr. Krupesh A. Chauhan has asked for name of “Organic Farming” certification agency in the India.

Dr. C. K. Timbadia has replied that in the India, there is 29 agencies has appointed by Government of India to certify the Organic Farm. In Gujarat there is APEDA: Agriculture and Processed Food Products Export Development Authority. The list of 29 agencies is enclosed.

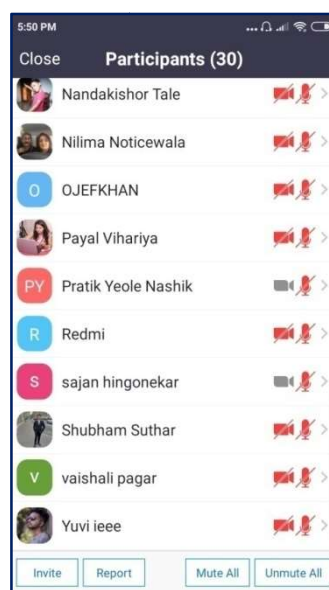
13.3) Mr. Mukul Patel has asked that what are the difference between “Amrut Mitti”, “Jivamrutam” and are these differ from the Indian ancient book “Vruksh Ayurveda” written by Rushi Shri. Varah Mihir.



Dr. C. K. Timbadia has replied that he has been working on “Vruksha Ayurveda” and will share the knowledge to farmers and community.

- 14) All participants have appreciated the work and efforts of Krishi Vigyan Kendra,, Navsari Agriculture University, Navsari and UBA Cell, SVNIT, Surat for organising of webinar on “Farm to Pharmacy: Organic Farming” and webinar has conducted by giving thanks to all participants.

Photographs of Webinar: “Farm to Pharmacy: Organic Farming”





ACTIVITY 4:

Title of the Activity: “Webinar Series: Farm to Pharmacy, Day 2: Medicinal & Herbal Farming “on 9th May, 2020

Need of the Activity: To promote Organic farming and making peoples self reliable on health and fitness through medicinal and herbal farming. It has also aimed to make useful health improvement products with help of post harvest technology from medicinal and herbal farming.

Brief Description (Need/Impact/Action/Picture (if any)): Unnat Bharat Abhiyan Cell, SVNIT, Surat has organized 3 day webinar series on “Farm to Pharmacy” during 8th to 10th May, 2020. UBA Cell, SVNIT, Surat has coordinated with Participating Institute, Navsari Agriculture University, Navsari for hosting the webinar. 3 Resource person from NAU, Navsari has given speeches in webinar.

“Webinar Series: Farm to Pharmacy, Day 2: Medicinal & Herbal Farming”

Date: 9th May, 2020

Hosted by:

Krishi Vigyan Kendra, Navsari

Navsari Agriculture University, Navsari

Organized by:

Participating Institute

Sardar Vallabhbhai National Institute of Technology, Surat

Unnat Bharat Abhiyan, Participating Institute, SVNIT, Surat and Krishi Vigyan Kendra, Navsari Agriculture University, Navsari has organized 3 day webinar series on “Farm to Pharmacy” 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 self dependency & self health care by making own pharmacy from medicinal and herbal farming on own farm / kitchen gardening.



The webinar on “Farm to Pharmacy” has organized in 3 day series:

Day 2: Topic: “Farm to Pharmacy: Medicinal & Herbal Farming”

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

Webinar Speaker: Dr. Bimal. S. Desai, Assistant Professor, ASPEE College of Horticulture & Forestry, Navsari Agricultural University, Navsari

Email: bimal_desai@nau.in

Mob: +91 93740 65646

Join Zoom Meeting:

<https://us04web.zoom.us/j/77139157964?pwd=TjYwTzR1cDk3c1pFSjdHNVN6bW5qQT09>

Meeting ID: 771 3915 7964

The report of webinar on “Farm to Pharmacy: Medicinal & Herbal Farming” are as follow:

- 1) Dr. Manish K. Rathod, UBA Regional Co-coordinator, RCI, SVNIT, Surat has started the webinar on 4:55 P.M. with heartily welcomed to more than 30 participants and explained importance of webinar on topic “Farm to Pharmacy: Medicinal & Herbal Farming” and he has welcomed to speaker Dr. Bimal. S. Desai from Navsari Agriculture University, Navsari.
- 2) Dr. Bimal. S. Desai has explained how “Farm to Pharmacy” knowledge can be helpful to sustain self health care and to boosting immunity power to fight against COVID-19 and started to deliver knowledge on “Medicinal & Herbal Farming” as follows:
- 3) Dr. Bimal S. Desai first of all said that our kitchen is itself as a pharmacy.
 - In Gujarat, about 1,315 types of medicinal plants are available but only 150 (11.40 %) out of it is used by Herbal Pharmaceutical Companies of Gujarat and rest of it not collected or cultivated and goes waste.
 - 70% of medicinal plants throughout the country are still collected from forest areas which have resulted in decrease of genuine raw materials.
 - This in turn has resulted in adulterations and substitutions, what is often called in Ayurveda as Pratinidhi Dravya, whereby if one medicinal plant is not available, instead its substitute is added.



- Few of the important plants cultivated in Gujarat are Aonla (*Phyllanthus emblica*), Safed Musli (*Chlorophytum borivilianum*), Tulsi (holy basil), *Aloe vera* and *Cassia angustifolia* / *Cassia senna* (Sonmukhi).
 - Due to issues in established marketing channels and contractual farming Gujarat still rely on other states for products like Ashwagandha, Sarpagandha and also spices like Betel wine, Black pepper and long pepper.
 - *Rauvolfia serpentina* (Sarpagandha) is not found wild in Gujarat since it was overexploited and hence the raw material is procured from Madhya Pradesh. Similarly more than 50 % demand of Ashwagandha (*Withania somnifera*) is supplied by Nimach and Mandsaur districts. Both these plants are still top 10 plants as far as herbal products are concerned.
 - Historically speaking, the coast of Jafrabad in Saurashtra region was known to export *Aloe vera*. Current scenario is there is decrease in population of this plant. The variety was also called as Jafrabad Aloe.
 - Dr. Bimal Desai also emphasized on checking out side effects of medicinal plants and also to remain alert and cross check various medicinal remedies shared on social media as it can lead to wastage of people's money and also there can be serious health effects due to wrong intake of medicinal plants.
 - Few plants such as Turmeric, Aloe, Mentha, Betel leaf / Betel wine, Sadabahar (*Vinca rosea*), Methi (*Trigonella foenum graecum*) can be easily raised in kitchen gardens.
- 4) He guided all participants to thoroughly study the website of National Medicinal Plants Board, Ministry of Ayush, Government of India and also suggested to study the Schemes available on website. Where applicant can apply for home / School / Institute / Public herbal garden and get financial assistantship for herbal gardening.

Website: <https://www.nmpb.nic.in/>

In Gujarat State there is Gujarat Medicinal Plant Board, Government of Gujarat.

Website: <https://gmpb.gujarat.gov.in/>

- 5) He has said that as per World Health Organisation (W.H.O), the market of Medicinal pharmacy will be above 30 billion dollars by 2030.
- 6) He has explained various medicinal plants with its benefits as follows:



Sr. No.	Gujarati Name of Medicinal Plants	Botanical Name of Medicinal Plants	Benefits	Remarks
1.	Tulsi	<i>Ocimum sanctum</i> , <i>Ocimum basilicum</i>	Skin diseases, Acidity, cough and congestion	Easily grown
2.	Aloe	<i>Aloe vera</i>	Used in more than 30 diseases.	Highly effective on skin burns and inflammations.
3.	Ashwagandha	<i>Withania somnifera</i>	General tonic, very potent on joint disorders	More than 60 products available.
4.	Shatavari	<i>Asparagus racemosus</i>	Increase lactation, rheumatism, insomnia.	More than 60 products available.
5.	Tukmariya	<i>Ocimum canum</i> , <i>Ocimum basilicum</i>	Maintains cholesterol, anti diabetic	Grows wild in Gujarat, often goes uncollected.
6.	Kunwariya, Kunvadiya, Punvadiya	<i>Cassia tora</i>	Anti oxidants	Taste like Coffee
7.	Ajwain	<i>Trachyspermum ammi</i>	Carminative	Easily grown
8.	Haldar, Turmeric	<i>Curcuma longa</i>	Used in more than 50 diseases	Use with milk
9.	Amala	<i>Phyllanthus emblica</i>	Triphala churna	More than 600 products available
10.	Harad, Harde	<i>Terminalia chebula</i>		
11.	Baheda	<i>Terminalia bellirica</i>		
12.	Methi	<i>Trigonella foenum graecum</i>	Rich source of calcium	Highly effective in osteoporosis
13.	Punarnava	<i>Boerhaavia diffusa</i>	Diuretic	Decreases excess of uric acid in body
14.	Panner Phool	<i>Withania coagulans</i> , vegetable rennet, vegetable paneer	Seeds anti diabetic	Used in cheese and paneer industries
15.	Paneer Dodi			
16.	Bili Patra	<i>Aegle marmelos</i>	Leaves anti diabetic	Leaves goes uncollected
17.	Giloi	<i>Tinospora cordifolia</i>	Rasayana churna	Immuno modulators and effective in diabetes and rheumatism
18.	Fudina	<i>Mentha arvensis</i> , <i>Mentha piperita</i> , <i>Mentha spicata</i>	Carminative, cough and congestion	<i>Mentha arvensis</i> has very good potential for



				cultivation
19.	Safed Musali	<i>Chlorophytum borivillianum</i>	Gout, increases bone density and also tonic	Exclusively grown in Dangs has good market potential.
20.	Sisam Leaves	<i>Dalbergia latifolia</i>	Cooling effect in body	Leaves claimed as anti rheumatic as per CDRI, Lucknow.
21.	Black Pepper	<i>Piper nigrum</i>	Carminative	Anti bacterial, kills intestinal worms
22.	Kesar	<i>Crocus sativus</i>	Blood purifier, cosmetics	Adulterated in market with other sources.
23.	Hing	<i>Ferula asafoetida</i>	Stomach pains	Shows good results in gastro intestinal disorders.
24.	Coco	<i>Erythroxylum coca</i>	Blood pressure	Anti oxidant and highly effective in hypo tension i.e. low blood pressure if taken original cocoa.
25.	Umar, Umardo, Audumber	<i>Ficus glomerata</i>	Used in more than 20 diseases	Milk from stem is rich in calcium
26.	Patthar Tod	<i>Bryophyllum pinnatum</i>	Kidney stones	Proven litholytic activity.
27.	Ramphal and Laxmanphal	<i>Annona reticulata</i> , <i>Annona muricata</i>	Nutritive just as custard apple.	Said to be effective against chemotherapy. Still market products not available.
28.	Nagod Leaves	<i>Vitex negundo</i>	Rheumatism	Leaves highly effective against joints disorders.
29.	Saragava	<i>Moringa oleifera</i>	Anti oxidant	Herbo mineral drug of plant origin. Anti rheumatic.



30.	Isabgul	<i>Plantago ovata</i>	Constipation.	Gujarat is no. 1 in production.
31.	Madhu nashini	<i>Gymnema sylvestre</i>	Anti diabetic	Leaves chewed will not give taste for two hours due to inactive taste buds of tongue. Not found wild in Gujarat.

Dr. Bimal. S. Desai has conducted speech by giving thanks to all participants and welcomed to all participants for sharing questions regarding organic farming.

7) Question & Answer session:

7.1) Dr. Pankaj Suryavanshi has asked for Ayurvedic medicinal plants for Kidney stone disease.

Dr. Bimal. S. Desai has replied to take one leave of “Patthar tod plant (*Bryophyllum pinnatum*)” and one black mari (*Piper nigrum*) and drink a glass water, it increases urination and that helps in removing of kidney stones. Also plant called as Lampdi (*Celosia argentea*) is highly effective in Kidney stones. *Phyllanthus fraternus* (Bhoy amla) is also used. As Punarnava (*Boerhaavia diffusa*) increases urination, it is prescribed as the frequency of urine increases, there is possibility of stones being removed and also controls uric acid concentration in body.

7.2) Dr. Pankaj Suryavanshi has asked for Ayurvedic medicinal plants for Arthritis disease.

Dr. Bimal S. Desai has replied to take “Ashwagandha + Shatavari” with Milk as it increases the bone density and calcium level in body. And to eat Saragava (Drumstick), Haldi in food.

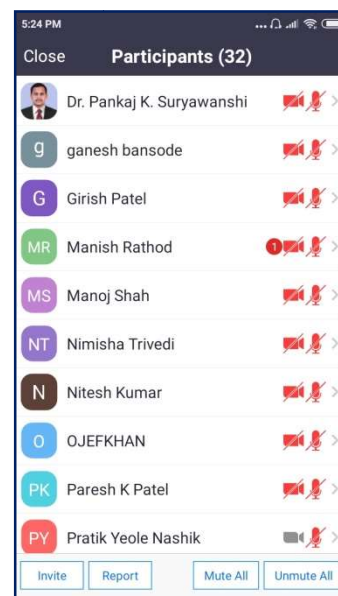
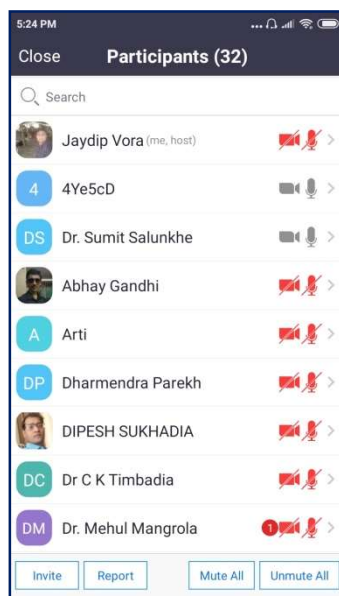
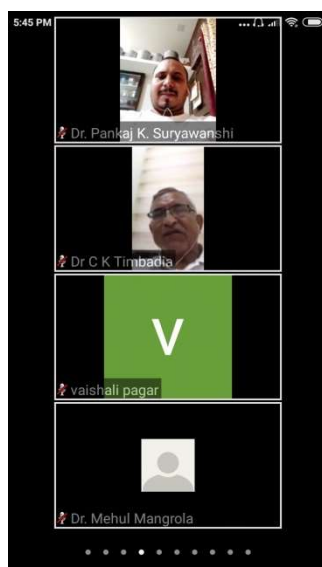
7.3) One participant has asked for solution on acidity and stomach pain problems.



Dr. Bimal. S. Desai has replied to take Isabgol, drink milk with big sugar, eat Tulsi leaves and also plants with cooling properties like sisam leaves are useful.

- 8) All participants have appreciated the work and efforts of Krishi Vigyan Kendra, Navsari Agriculture University, Navsari and UBA Cell, SVNIT, Surat for organising of webinar on “Farm to Pharmacy: Medicinal & Herbal Farming” and webinar has conducted by giving thanks to all participants.

Photographs of Webinar: “Farm to Pharmacy: Medicinal & Herbal Farming”





Activity: 5

Title of the Activity: “Webinar Series: Farm to Pharmacy, Day 3: Post Harvest Technology & Value Addition “on 10th May, 2020

Need of the Activity: To promote Organic farming and making peoples self reliable on health and fitness through medicinal and herbal farming. It has also aimed to make useful health improvement products with help of post harvest technology from medicinal and herbal farming.

Brief Description (Need/Impact/Action/Picture (if any)): Unnat Bharat Abhiyan Cell, SVNIT, Surat has organized 3 day webinar series on “Farm to Pharmacy” during 8th to 10th May, 2020. UBA Cell, SVNIT, Surat has coordinated with Participating Institute, Navsari Agriculture University, Navsari for hosting the webinar. 3 Resource person from NAU, Navsari has given speeches in webinar.

“Webinar Series: Farm to Pharmacy, Day 3: Post Harvest Technology & Value Addition”

Date: 10th May, 2020

Hosted by:

Krishi Vigyan Kendra, Navsari

Navsari Agriculture University, Navsari

Organized by:

Participating Institute

Sardar Vallabhbhai National Institute of Technology, Surat

Unnat Bharat Abhiyan, Participating Institute, SVNIT, Surat and Krishi Vigyan Kendra, Navsari Agriculture University, Navsari has organized 3 day webinar series on “Farm to Pharmacy” 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 self dependency & self health care by making own pharmacy from medicinal and herbal farming on own farm / kitchen gardening.

The webinar on “Farm to Pharmacy” has organized in 3 day series:



Day 3: Topic: “Farm to Pharmacy: Post Harvest Technology & Value Addition”

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

Webinar Speaker: Dr. Parag Pandit, Assistant Professor, Navsari Agriculture University, Navsari

Email: postharvesttechnology@nau.in

Mob: +91 76000 49187

Join Zoom Meeting:

<https://us04web.zoom.us/j/74846276758?pwd=bkpoUEF1L3lzQjdKOE5yTUtLOFd4Zz09>

Meeting ID: 748 4627 6758

The report of webinar on “Farm to Pharmacy: Post Harvest Technology & Value Addition” are as follow:

- 1) Unnat Bharat Abhiyan Cell, SVNIT, Surat has started the webinar on 4:55 P.M. with heartily welcomed to more than 20 participants and explained importance of webinar on topic “Farm to Pharmacy: Post Harvest Technology & Value Addition” and he has welcomed to speaker Dr. Parag Pandit from Navsari Agriculture University, Navsari.
- 2) Dr. Parag Pandit has started webinar by explaining the concept of “Post Harvest Technology” and “Value Addition”

He has explained that “Post Harvest Technology” is process steps or technique carried out on farm yield after harvest to convert into consumable form. The 3 steps of post harvest technology are:

Primary: Sorting, Cleaning, Grading and Packing etc.

In Primary process all unwanted and bad leaves / fruit parts / branches and applying cleaning properly and after it grading the raw material as per quality and need and finally packaging of raw material for further processing.

Secondary: Drying, Cooking, Extraction, Pulping etc.



In Secondary step the raw material kept for drying and after it goes to cooking process at standard temperature and atmospheric conditions. Then after extracting cooked material and make it in pulp forms.

Tertiary: Mixing, Blending, Flavouring, Encapsulation, Extrusion etc.

In Tertiary step, the pulp is going to mix with needy ingredients / flavour for taste and prepared medicinal or drug material going to pack in solid or table or liquid form which is ready for taking by human body.

3) Dr. Parag Pandit has explained the concept of Value Addition:

➤ Value Addition: Increase in the monetary benefit and/or storage period life through food processing operations. Example: Potato wafers, Tomato sauce, Fruit Juice, Papad, Buttermilk etc.

4) He has discussed current epidemic situation generated due to outbreak of Corona Virus. He had said that we must have to boost up our immunity power system to fight against corona virus and it can be achieved by solutions available in Ayurveda.

5) He had suggested the following self immunity increasing ways as also guided by Ministry of Ayush, Government of India, follow:

5.1) Take 10 Gram Chyamanprash in the morning every day.

5.2) Take Golden Milk: 5 to 10 Gram (a tea spoon) Haldi (Turmeric) powder in 150 ml (a glass) warm Gava dudham (Cow Milk) twice a day.

5.3) Drink naseeka (warm) jalam (water).

5.4) Take herbal extract water (tea) prepared from: 5 gram mixture of Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi(Dry Ginger), manakka (Raisin), jaggery, nibu jal (Lemon juice) in 150 ml warm water.

5.5) Do Yoga for 30 minutes every day.

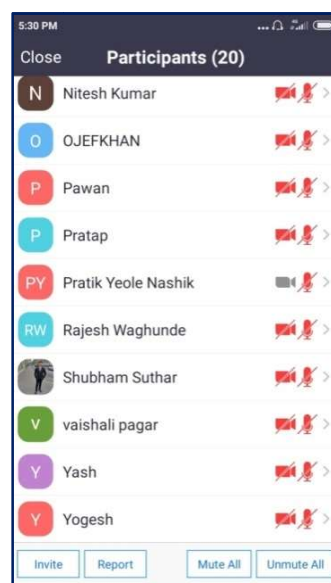
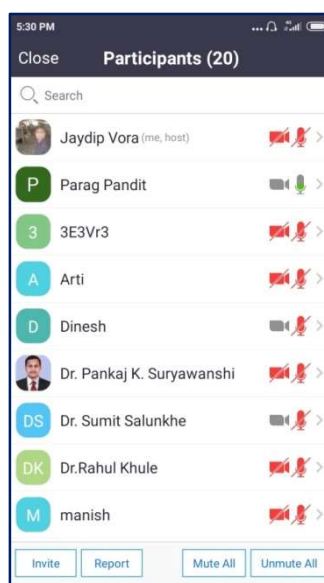
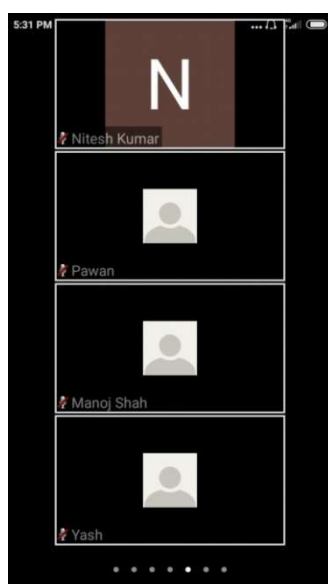
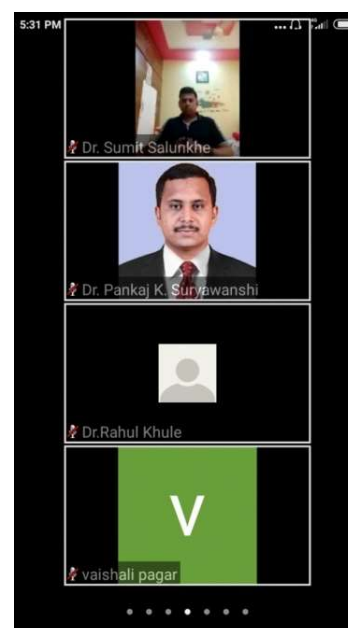
6) Dr. Parag Pandit has explain in detail that how to make Chyamanprash at home. The detail procedure has explained in PPT attached.



Dr. Parag Pandit has conducted speech by giving thanks to all participants.

- 7) All participants have appreciated the work and efforts of Krishi Vigyan Kendra,, Navsari Agriculture University, Navsari and UBA Cell, SVNIT, Surat for organising of webinar on “Fram to Pharmacy: Post Harvest Technology & Value Addition” and webinar has conducted by giving thanks to all participants.

Photographs of Webinar: “Farm to Pharmacy: Post Harvest Technology & Value Addition”





ACTIVITY 6:

Title of the Activity: Webinar on “Total Health Through Rhythmic Breathing: COVID-19, 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)):

Webinar on “Total Health Through Rhythmic Breathing: COVID-19, FIT India Movement”

Date: 14th May, 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 Cisco Webex 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 Webex Meeting by clicking on the following link:

<https://meetingsapac13.webex.com/meetingsapac13/j.php?MTID=mc054d9d2dac68c5ac217a328892faca1>

Meeting ID: 916 297 450

Password: 3srb

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



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.

The report of webinar on “Total Health Through Rhythmic Breathing: COVID-19, FIT India Movement” as follow:

- 1) 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.
- 2) Dr. Krupesh A. Chauhan, has started the webinar on 5:55 P.M. with heartily welcomed to more than 15 participants and given introduction of UBA Cell, SVNIT, Surat and spread the message to purchase and use Local and participate in “Atmanirbahar Bharat Abhiyan” as given by Hon’ble Prime Minister Shri. Narendra Modi for fighting against Corona Virus.
- 3) 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.

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 organising of webinar on “Total Health through Rhythmic Breathing: COVID-19” program as part of FIT India Movement.



The program has concluded with a view to meet for webinar 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
14th May 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





COVID-19 Lockdown



“Be Vocal about Local”

Aatm Nirbhar Bharat Abhiyan

Scribe: Shri S. N. Tavaria Sir

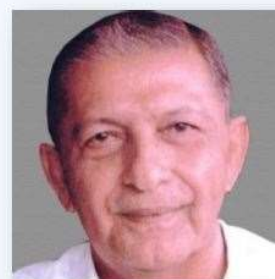
|| Om Satyam Param Dhimahi ||

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

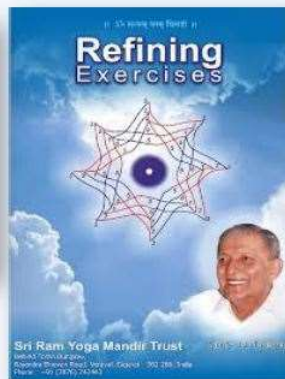
Motto:
Breathe in Love
Breathe out Forgiveness



References



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



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

Websites:

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

Stay Home, Stay Safe



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

Thank You

Unnat Bharat Abhiyan Cell

S. V. National Institute of Technology, Surat.

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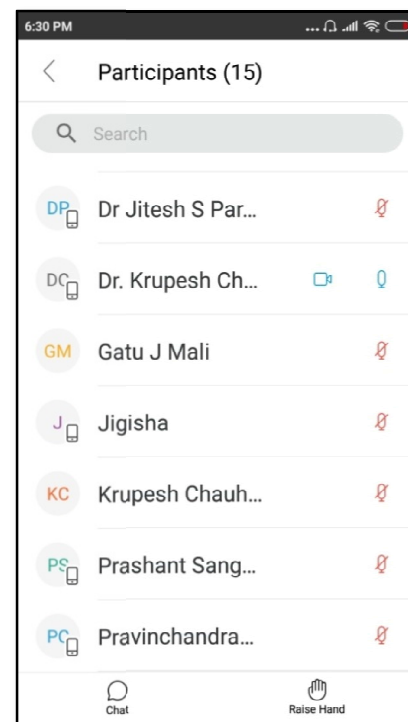
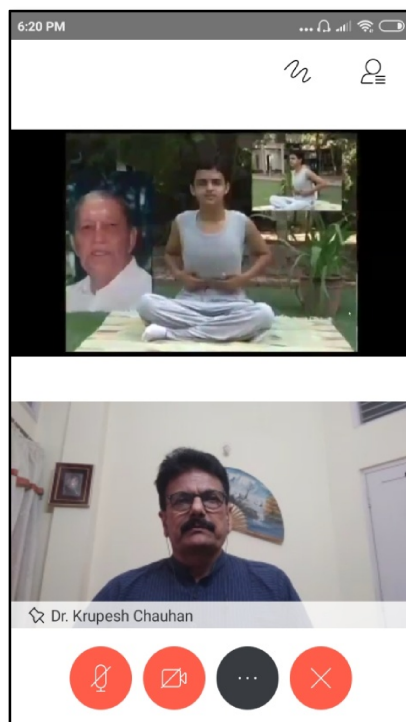
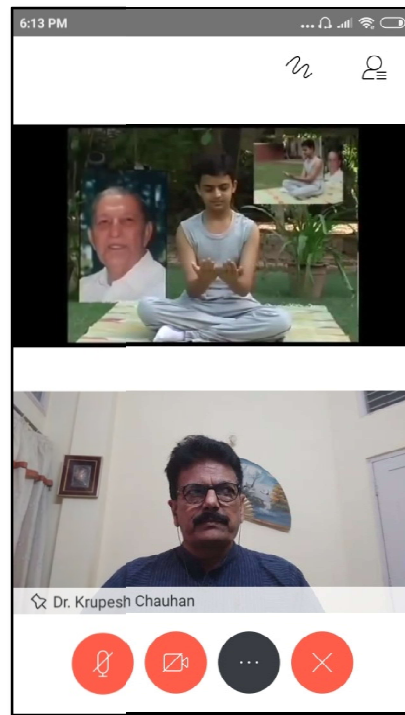
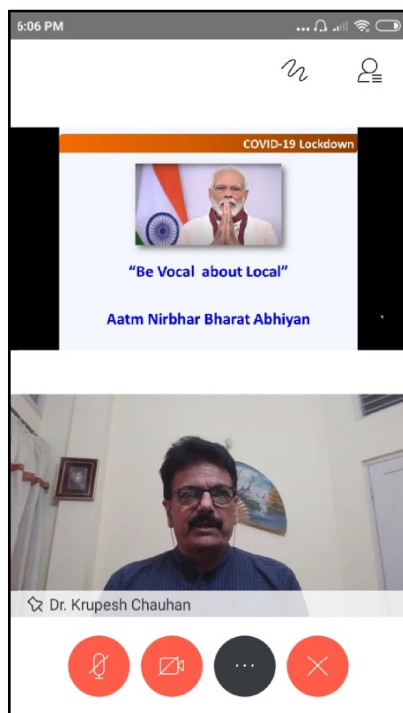
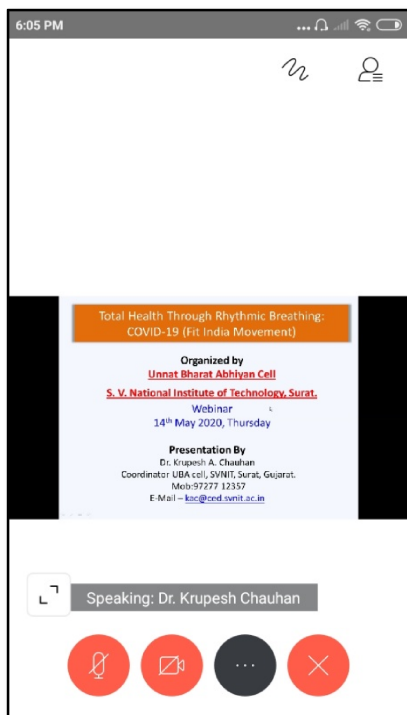
Dr. Krupesh A. Chauhan
Coordinator UBA cell, SVNIT,
Surat, Gujarat.

Mob:97277 12357

E-Mail – kac@ced.svnit.ac.in



Photographs of Webinar: “Total Health Through Rhythmic Breathing: COVID-19, FIT India Movement” program hosted by UBA Cell, SVNIT, Surat





ACTIVITY 7:

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)):

**Webinar on “Total Health Through Rhythmic Breathing: COVID-19
(Aatma Nirbhar Bharat Abhiyan & FIT India Movement)**

Date: 21st May, 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, 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).

Join Webex Meeting by clicking on the following link:

<https://meetingsapac13.webex.com/meetingsapac13/j.php?MTID=mcd681bcc10c61970a2ee496234983fd0>

Meeting ID: 917 313 684

Password: 12356

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



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.

The report of webinar on “Total Health Through Rhythmic Breathing: COVID-19, FIT India Movement” as follow:

- 1) 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 Institutes across the India, all UBA participating Institutes, UBA adopted villagers and volunteer citizens from Surat city.
- 2) UBA Cell, SVNIT, Surat has got total 137 Participant Registration via. Google form. Total 51 Participants have participated the webinar.
- 3) 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.

- 4) 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**



- 5) 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.
- 6) 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.
- 7) 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.

Reference photo copy of E-Certificate:





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

Organized by
Unnat Bharat Abhiyan Cell

S. V. National Institute of Technology, Surat.

Webinar
21st May 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
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UBA Coordinator

Dr. Shweta N. Shah
UBA Co - Coordinator





COVID-19 Lockdown



“Be Vocal about Local”

Aatm Nirbhar Bharat Abhiyan

Scribe: Shri S. N. Tavaria Sir

|| Om Satyam Param Dhimahi ||

Education

- B.E Mechanical Engineering
- B.E Electrical Engineering
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- Yoga Sutra – Explanation and Exposition
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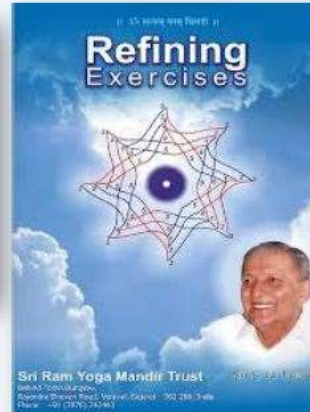
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Websites:

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

Stay Home, Stay Safe



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Thank You

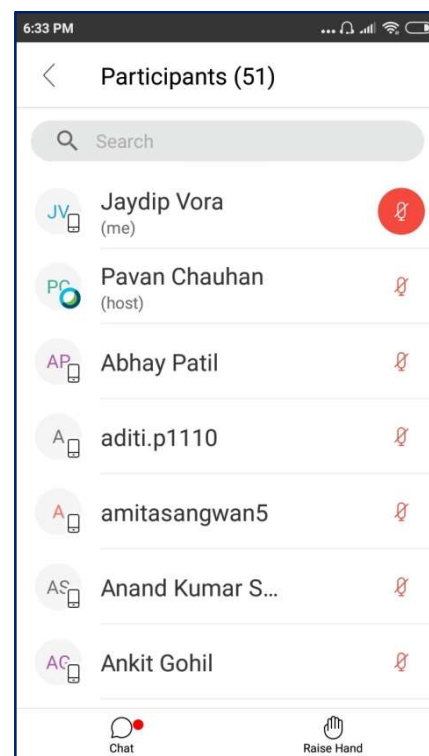
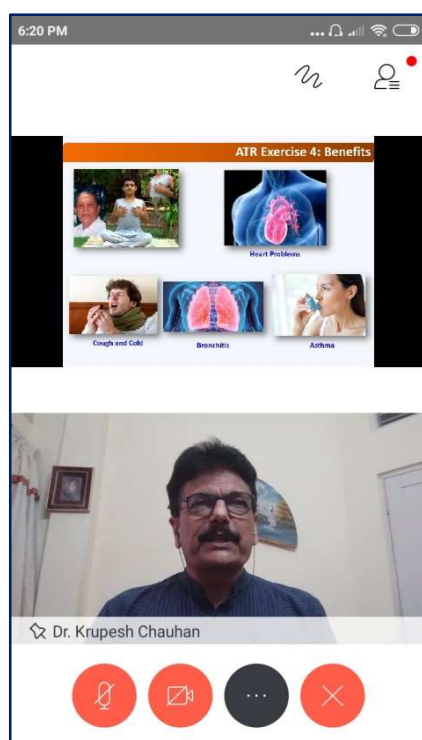
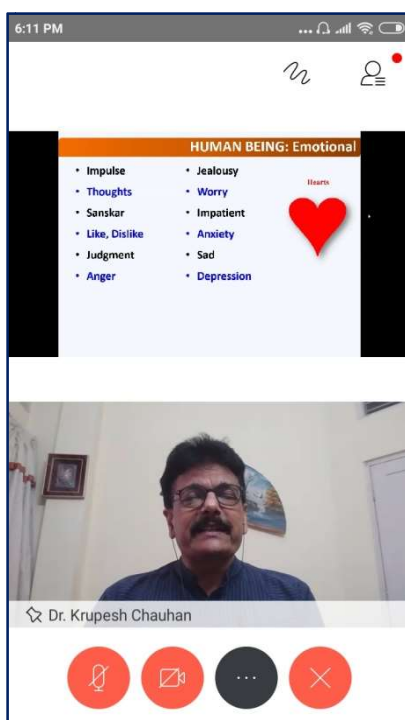
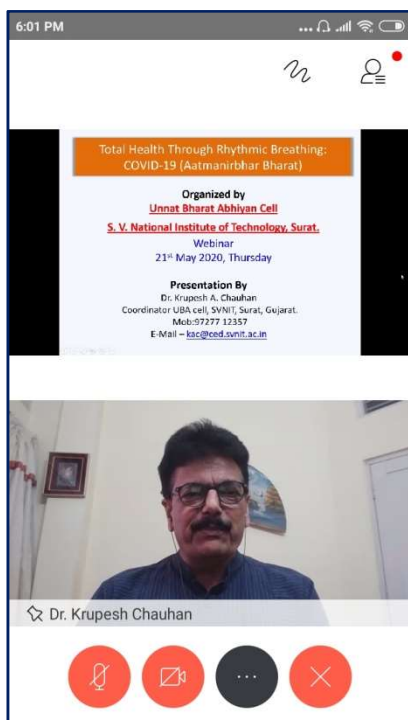
Unnat Bharat Abhiyan Cell
S. V. National Institute of Technology, Surat.

By

Dr. Krupesh A. Chauhan
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Surat, Gujarat.
Mob:97277 12357
E-Mail – kac@ced.svnit.ac.in



Photographs of Webinar: “Total Health Through Rhythmic Breathing: COVID-19, FIT India Movement” program hosted by UBA Cell, SVNIT, Surat





ACTIVITY 8:

Title of the Activity: Circulating awareness and preventive measure photo with Gujarat Government guideline to fight against spreading of Corona Virus, COVID-19 to UBA adopted Villages by social media.

Need of the Activity: To spread awareness message from Gujarat Government guidelines to prevent villagers of UBA adopted villages from spreading of Corona Virus, COVID-19.

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

UBA Cell, SVNIT, Surat has shared the "I too, am a Corona Warrior" campaign of Gujarat Government to fight against Corona virus.

- 1) I will not let my old age people and children to go outside from home.
- 2) I always wear a safety mask and never go outside home without reason.
- 3) I must follow the social distancing.
- 4) I always keep a handkerchief on my mouth during sneeze and cough.
- 5) I must wash my hands thoroughly and regularly.

This awareness message has shared in Gujarati and Hindi languages.

This awareness photo has also shared with all Participating Institutes of RCI SVNIT, Surat and requested them also to share this photo into their respective UBA village cluster whatsapp group.




COVID-19

હું પણ કોરોના વોરિયર


પ્રત્યેક ગુજરાતીનો દ્રઢ સંકલ્પ

હું આ ત્રણ સંકલ્પોનું ચુસ્તપણે પાલન કરીશ.


- ૧) હું મારા પરિવારના વડીલો અને બાળકો ઘરમાં જ રહે તે સુનિશ્ચિત કરીશ
- ૨) હું હંમેશા માસ્ક પહેરીને જ ઘરની બહાર નીકળીશ.
- ૩) હું “દો ગજકી દુરી” સોશીયલ ડિસ્ટન્સીંગનું હંમેશા પાલન કરીશ.




વારંવાર હાથ ધોવો




હંમેશા માસ્ક પહેરો




બિમાર વ્યક્તિથી દુર રહો




છીક અને ઉધરસ ખાતી વખતે રૂમાલ રાખો.





UNNAT BHARAT ABHIYAN CELL, SVNIT, SURAT




COVID-19

મેં भी कोरोना वोरियर


हरएक गुजरातीका द्रढ संकल्प

મેં ये तीन संकल्पोंका द्रढ पालन करेंगें ।


- ૧) મેં મેરે પરિવારકે વૃધ્ધો ઓર બાલકો ઘરમે હી રહે વો સુનિશ્ચિત કરુગા।
- ૨) મેં હંમેશા માસ્ક પહેનકે હી ઘર સે બહાર નીકલુગા।
- ૩) મેં “દો ગજકી દુરી” સોશીયલ ડિસ્ટન્સીંગકાં હંમેશા પાલન કરુગા।




નિયમીત હાથ ધોયે




હંમેશા માસ્ક પહેને




બીમાર વ્યક્તિ સે દુર રહે




છીંક ઓર ઝાંસી આને બચત રૂમાલ રખે।





UNNAT BHARAT ABHIYAN CELL, SVNIT, SURAT





ACTIVITY 9:

Title of the Activity: Webinar on Total Health Through Rhythmic Breathing: COVID-19 (Aatma Nirbhar Bharat Abhiyan & FIT India Movement)

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)):

**Webinar on Total Health Through Rhythmic Breathing: COVID-19
(Aatma Nirbhar Bharat Abhiyan & FIT India Movement)**

Date: 28th May, 2020

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

Convener: Dr. Shweta N. Shah, UBA Co-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, 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).

Join Webex Meeting by clicking on the following link:

<https://meetingsapac13.webex.com/meetingsapac13/j.php?MTID=mcd681bcc10c61970a2ee496234983fd0>

Meeting ID: 917 313 684

Password: 12356

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



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.

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

- 1) 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 Institutes across the India, all UBA participating Institutes, UBA adopted villagers and volunteer citizens from Surat city.
- 2) UBA Cell, SVNIT, Surat has got total 277 Participant Registration via. Google form. Total 64 Participants have participated the webinar.
- 3) 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.

- 4) 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**



- 6) 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.
- 7) 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.
- 8) 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.

Reference photo copy of E-Certificate:





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

Organized by
Unnat Bharat Abhiyan Cell

S. V. National Institute of Technology, Surat.

Webinar
28th May 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.

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. Tavaria Sir

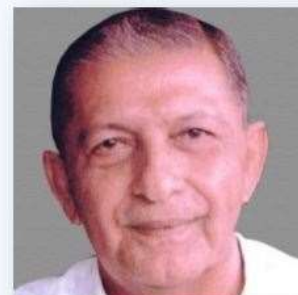
|| Om Satyam Param Dhimahi ||

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

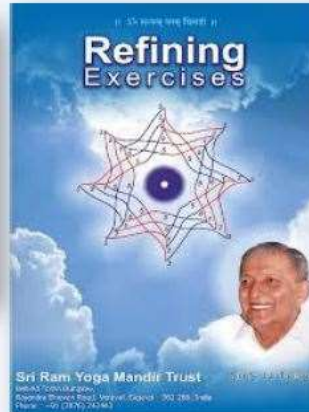
Motto:
Breathe in Love
Breathe out Forgiveness



References



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



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

Websites:

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

Stay Home, Stay Safe



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

Thank You

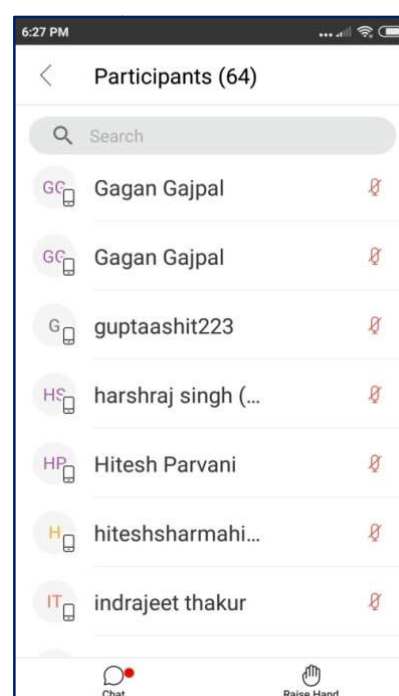
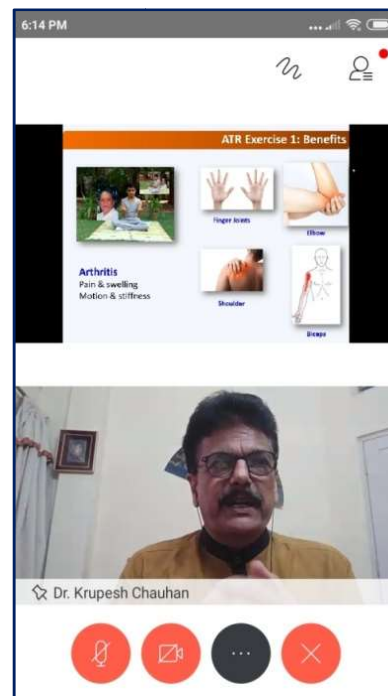
Unnat Bharat Abhiyan Cell
S. V. National Institute of Technology, Surat.

By

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



Photographs of Webinar: “Total Health Through Rhythmic Breathing: COVID-19, Aatma Nirbhar Bharat Abhiyan & FIT India Movement” hosted by UBA Cell, SVNIT, Surat





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 “Climate emergency: Threatening reality then COVID-19, Native trees, a humble balancing act” on 5 th June, 2020 (World Environment Day)
3	Webinar on “Yoga at Home and Yoga with Family” on 21 st June, 2020 (International Yoga Day).

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

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