



UNNAT BHARAT ABHIYAN

PARTICIPATING INSTITUTE

SARDAR VALLABHBHAI NATIONAL INSTITUTE OF TECHNOLOGY, SURAT

PROGRESS REPORT

OCTOBER, 2020

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

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

Email: piuba@svnit.ac.in

Phone Number: 0261 220 4303

Sr. No.	ADOPTED VILLAGES	TALUKA(Block)	DISTRICT
1	MORA	CHORYASI	SURAT
2	RAJAGARI		
3	SUVALI		
4	JUNAGAM		
5	BHATLAI		

List of Activities:

ACTIVITY 1:

Title of the Activity: Webinar on "My Life My Yoga: 3 Step Rhythmic Breathing", Aatma Nirbhar Bharat & FIT India Movement" for healthy mental & physical fitness through rhythmic breathing technique (3SRB).

Need of the Activity: Unnat Bharat Abhiyan Cell, SVNIT, Surat has organized a webinar for improving of mental & physical health and fitness through rhythmic breathing technique and invited to all UBA participating Institutes, UBA adopted villagers and volunteer citizens from Surat city.

Brief Description (Need/Impact/Action/Picture (if any)): This webinar has been organised at 6 pm to 7 pm on every Thursday of month of October, 2020 with a view



to share the knowledge, benefits of Yoga, Rhythmic Breathing Exercises in health and fitness.

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

Email: kac3srb@gmail.com

Mob: +91 97277 12357

Join Webex Meeting by clicking on the following link (Common for every Thursday)

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

Sr. No.	Date of Webinar	Topic of Webinar	Venue	Participants
1	1 st October, 2020	Webinar on “My Life My Yoga: 3 Step Rhythmic Breathing”	Cisco Webex Meetings	21
2	8 th October, 2020	Webinar on “My Life My Yoga: 3 Step Rhythmic Breathing”	Cisco Webex Meetings	17
3	15 th October, 2020	Webinar on “My Life My Yoga: 3 Step Rhythmic Breathing”	Cisco Webex Meetings	18
4	22 nd October, 2020	Webinar on “My Life My Yoga: 3 Step Rhythmic Breathing”	Cisco Webex Meetings	34
5	29 th October, 2020	Webinar on “My Life My Yoga: 3 Step Rhythmic Breathing”	Cisco Webex Meetings	137

The report of webinar on “My Life My Yoga: 3 Step Rhythmic Breathing, Aatma Nirbhar Bharat & FIT India Movement” are as follow:

Unnat Bharat Abhiyan, Participating Institute, SVNIT, Surat has organized webinar on “My Life My Yoga: 3 Step Rhythmic Breathing, Aatma Nirbhar Bharat & FIT India



Movement” by Cisco Webex Meetings application and invited all faculties and students of Institutes across the India UBA Participating Institutes, UBA adopted villagers, Volunteers from Surat City to participate in program for healthy mental & physical fitness through rhythmic breathing technique (3SRB).

UBA Cell, SVNIT, Surat has used Cisco Webex meetings platform with a view to create awareness among participants of various fields to use online webinar platforms like Zoom Cloud Meetings, Cisco Webex Meetings, Google Meet etc. whereas peoples have not to go anywhere to attend but they can participate in webinar with help of installed application in their Mobile / PC / Laptop.

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

He has also instructed to all the participants to follow the “I too, am a Corona Warrior” the awareness program launched by Government of Gujarat.

- 2) Dr. Kruepsh A. Chauhan has described and explains the content of workshop of 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 “My Life My Yoga: 3 Step Rhythmic Breathing” program as part of FIT India Movement.



- 5) UBA Cell, SVNIT, Surat has provided the E-Certificate to all the Participants of Webinar.
- 6) The program has concluded with a view to meet for webinar on regular weekly basis on probably on every Thursday. The reference photo of E-Certificates, provided to all participants for every webinar.





Fit India Dialogue: 3 Step Rhythmic Breathing

Organized by

Unnat Bharat Abhiyan Cell

S. V. National Institute of Technology, Surat.

Webinar

1st 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

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



Chandrabhedan Pranayam

Method:

- Rhythm: 36 breathes per minute

Steps:

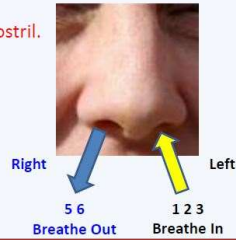
- A) block the right nostril with thumb and breathe in 1-2-3 from the left nostril.
- B) block the left nostril and breathe out 5-6 from the right nostril.
- repeat this cycle.

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

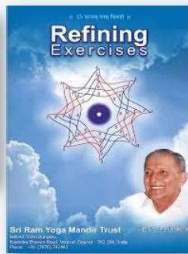


UBA Cell, SVNIT, Surat.

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



GOOGLE PLAY APP STORE



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

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

By

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

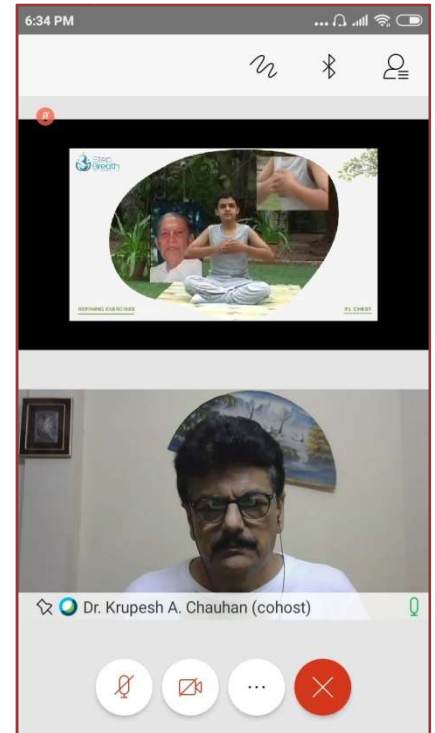
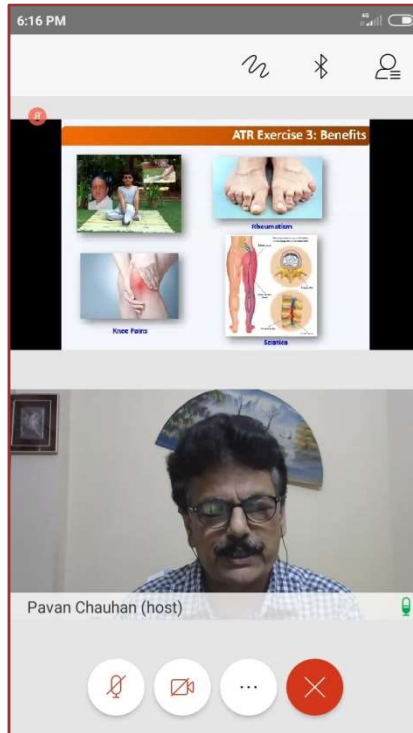
Mob:97277 12357

E-Mail – kac@ced.svnit.ac.in

Thank You



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



ACTIVITY 2:

Title of the Activity: Meeting with International Institute of Fashion Design for discussion regarding organizing of training programme for SHG women.

Need of the Activity: To provide skill up-gradation and training programme for Self Help Group women of UBA adopted villages

Brief Description (Need/Impact/Action/Picture (if any)): UBA Cell, SVNIT, Surat has organized a meeting with the International Institute of Fashion Design on 1st October, 2020. It has discussed that INIFD, Surat will help to provide the training programme on advance stitching, and fashionable cloth making for Self Help Group women of UBA adopted villages. The meeting was conducted in presence of Choryasi Taluka Livelihood Manager Smt. Falguniben Desai.



ACTIVITY 3:

Title of the Activity: Celebration of 151th birth anniversary of Mahatma Gandhiji on 2nd October, 2020 by making of 151 nos. of 3D Printed face shield mask and starting to distribution in UBA associated villages.

Need of the Activity: To distribute the 3D printed face shield masks to the Health workers of UBA adopted villages.

Brief Description (Need/Impact/Action/Picture (if any)): UBA Cell, SVNIT, Surat has celebrated the 151th birth anniversary of the Mahatma Gandhiji on 2nd October, 2020. The programme was started with prayer and followed with floral tribute to the Gandhiji by Dr. P. L. Patel, Deputy Director, SVNIT, Surat, Dr. K. D. Yadav, Regional Coordinator, RCI SVNIT, Surat and all staff and students of the UBA Cell, SVNIT, Surat.



Dr. Krupesh A. Chauhan, Coordinator, UBA Cell, SVNIT, Surat has explained that UBA PI SVNIT, Surat has got the fund from approved SEG project for making and distribution of 3D printed face shield masks in UBA associated villages.

Dr. P. L. Patel and Dr. K. D. Yadav have formally handed over the ready 151 nos 3D printed mask to Dr. Krupesh A. Chauhan, Coordinator and Dr. Shweta N. Shah, Co-coordinator, PI SVNIT, Surat for distribution to the health workers in UBA associated villages. These masks later on given to the all medical and health offices in all 5 UBA associated villages.



Dr. Krupesh A. Chauhan addressing the programme.



Dr. P. L. Patel has given floral tribute to the Mahatma Gandhiji



Dr. K. D. Yadav given floral tribute to the Mahatma Gandhiji.



Prayer



Dr. P. L. Patel has formally handed over the ready 3D printed face shield masks to Dr. Krupesh A. Chauhan for distribution in UBA associated villages.



Dr. P. L. Patel has formally handed over the ready 3D printed face shield masks to Dr. Shweta N. Shah for distribution in UBA associated villages.



Dr. K. D. Yadav has formally handed over the ready 3D printed face shield masks to Er. Jaydip N. Vora for distribution in UBA associated villages.



Group Photo



ACTIVITY 4:

Title of the Activity: Distribution of 3D Printed face shield mask in UBA adopted villages.

Need of the Activity: To distribute the 3D Printed face shield mask to all 5 Gram Panchayats and all health care workers in UBA adopted villages.

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 3D Printed face shield mask to all 5 Gram Panchayat of UAB adopted villages of UBA Cell, SVNIT, Surat, Primary Health Centre, Sunvali Village, Sub-Health Centre of Mora and Bhatlai Village and all ASHA bahen workers. This mask will provide the safety barrier from COVID-19 to all health care workers.



Primary Health Centre, Sunvalai Village



Junagam Gram Panchayat



Sub-Health Centre, Bhatalai Village



Sunvali Gram Panchayat



Rajagari Gram Panchayat



Bhatalai Gram Panchayat



Mora Gram Panchayat



Sub-Health Centre, Mora Village

ACTIVITY 5:

Title of the Activity: Visit of Desai Foundation, Navsari and Kedar Agarbatti, Valsad on 8th October, 2020.

Need of the Activity: To disseminate the available livelihood generation market for all villagers of UBA adopted villages.

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

1) UBA Cell, SVNIT, Surat has visited the Desai Foundation, Navsari to understand the Sanitary Pad Manufacturing and Selling projects for livelihood generation in villages. UBA Cell, SVNIT, Surat has disseminated the trading business of sanitary pads in villages to SHG women of UBA adopted villages to provide the livelihood generation solution and awareness on menstrual hygiene.

The Coordinator from Laxmi Institute of Technology, Sarigam and Representative from Adani Foundation have also joined with UBA Cell, SVNIT, Surat in visit.



2) UBA Cell, SVNIT, Surat has also visited the Kedar Agarbatti manufacturing company located at Gundalav Village, Valsad.

The proprietor Mr. Durgesh bhai has explained the livelihood generation project by manufacturing of Agarbatti product. The machine cost is Rs. 75,000/- and payback time period is about 6 month. 2 women can work on one machine.

Kedar Agarbatti will provide all raw materials to SHG women and buy back finished goods of Agarbatti from SHG women.

This project will help to earn for SHG women as livelihood generation solution and same has disseminated in all 5 UBA adopted villages.

The representative from Adani Foundation have also joined with UBA Cell, SVNIT, Surat in visit.



ACTIVITY 6:

Title of the Activity: Orientation meeting of all students of SVNIT, Surat for 2020-2021. The meeting was organised on 13th October, 2020.

Need of the Activity: To promote and disseminate the Unnat Bharat Abhiyan in SVNIT, Surat and increase more active participation in UBA Cell, SVNIT, Surat.

Brief Description (Need/Impact/Action/Picture (if any)): UBA Cell, SVNIT, Surat has organised orientation meeting on Unnat Bharat Abhiyan to disseminate the performed UBA activities by UBA Cell, SVNIT, Surat in 2019-2020 and promote UBA for increasing more active students participation in UBA Cell, SVNIT, Surat.

Dr. Krupesh A. Chauhan, Coordinator, UBA Cell, SVNIT, Surat has explained the Unnat Bharat Abhiyan vision, mission and UBA activities in villages..

Dr. Shweta N. Shah, Co-coordinator, UBA Cell, SVNIT, Surat has explained the all 5 UBA villages by UBA Cell, SVNIT, Surat.



Er. Jaydip N. Vora, UBA Manager, SVNIT, Surat has explained the performed activities in all 5 UBA adopted villages in 2019-2020.

Dr. Shweta N. Shah has explained the future planning of UAB activities for 2020-2021.

Dr. Manish K. Rathod, Regional Co-coordinator, RCI SVNIT, Surat has explained the activities done by Regional Coordinating Institute SVNIT, Surat.

Dr Shweta N. Shah(Assistant Professor,ECED) SVNIT is presenting

UNNAT BHARAT ABHIYAN
PARTICIPATING INSTITUTE
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List of future activities: 2020-2021

1. Lake development at Junagam Village
2. Establishment of low cost sanitary pad manufacturing unit in village – Women empowerment
3. Training of organic farming
4. Green School project
5. Net Zero Building using Solar Power
6. Yoga coaching in villages
7. Solid waste treatment plant in villages
8. Skill development trainings
9. Making of Gram Panchayat Development Plan (GDPD) with future perspective

Orientation Meeting of Unnat Bha... X

People (23) Chat

- PATEL NIL RAJESHBHAI SVNIT
- PRAJAPATI ASHISH SHAILESHBHAI ...
- RAVISH KUMAR SVNIT
- Sanjay Rameshbhai Patel SVNIT
- SHREEJI SHAILESHKUMAR PATEL UT...
- Sudhanshu Mall
- U18ME175 VATSAL SINGH
- U18ME218 Nikunj
- U19CH082-RAVI KHAGAD SVNIT SVNIT
- Yash Kavaiya

Dr Shweta N. ... Dr. Krupesh C... U18ME218 NI... Sanjay Rames... Dr. Manish K. ... PATEL NIL RA... U19CH082-RA...

Dr Shweta N. Shah(Assistant Professor,ECED) SVNIT is presenting

UNNAT BHARAT ABHIYAN

शिक्षितभारत, सक्षमभारत, स्वच्छभारत, स्वावलंबीभारत, सम्पन्नभारत

UBA Participating Institute: SVNIT, Surat

Sr. No.	Adopted Villages	Taluka (Block)	District
1	Mora	Choryasi	Surat
2	Bhatlai		
3	Rajagari		
4	Suvali		
5	Junagam		

Yash Kavaiya and 11 more

6:22 PM

Nishith Sanjay Rameshbhai ...

Dr. Manish K. Rathod... PATEL NIL RAJESHB...

BONU SAI VENKATA ... U18ME218 Nikunj

U19CH082-RAVI KHAGAD SV...

Type here to search

18:22
13-10-2020



ACTIVITY 7:

Title of the Activity: Organized webinar on “Development of Village School Students” on 27th October, 2020.

Need of the Activity: To disseminate the village development model of Khoba Village and student development through learning of farming parallel to routine curriculum.

Brief Description (Need/Impact/Action/Picture (if any)): UBA Cell, SVNIT, Surat has organised a webinar on “Development of Village School Students” on 27th October, 2020. The speaker of webinar was Mr. Nilam Patel, Khoba Village Sculptor. He has explained in brief how he had helped villagers of Khoba, Dharampur, Valsad for village development and education development in Khoba village.

He has also explained the concept of “Poshan Vadi” programme in Khoba Village School, in which the school students have to make own farm with keeping all progress records so that they can learn how to farming and livelihood from farming.

The invitation card features the logos of SVNIT, Surat and UNNAT BHARAT ABHIYAN CELL at the top. The text reads: "UNNAT BHARAT ABHIYAN CELL, SVNIT, SURAT, www.svnit.ac.in". The main title is "WEBINAR ON Development of village school students". It states "All Faculties and Students are cordially invited by UBA Cell, SVNIT, Surat". The date and time are "27th October, 2020 Tuesday | 5:00 p.m. To 6:00 p.m.". The speaker is "Shri. Nilam Patel, Khoba Village Sculptor, Inspired by the Gandhian Philosophy". The coordinators are "Dr. Shweta N. Shah, Co-Coordinator, UBA Cell" and "Dr. Krupesh A. Chauhan, Coordinator, UBA Cell".

Invitation card of the webinar



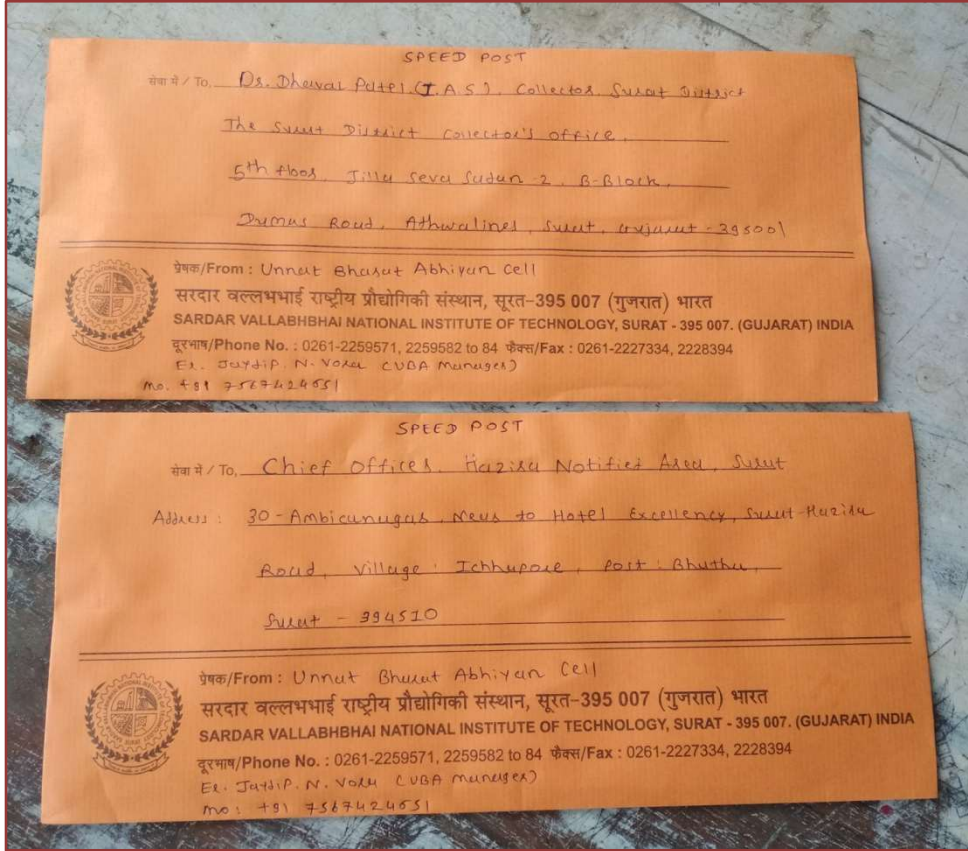
Mr. Nilam Patel addressing the meeting and explaining process of village school students through learning of Farming concept.

ACTIVITY 8:

Title of the Activity: Letter to the District Collector, Surat regarding to involve all 5 UBA adopted villages in the integrated plan of Solid Waste Management & Treatment plant at Damka Village by Hazira Notified area.

Need of the Activity: To involve all 5 UBA adopted villages in the integrated plan of solid waste management system of Hazira Notified area.

Brief Description (Need/Impact/Action/Picture (if any)): UBA Cell, SVNIT, Surat has got information that Hazira Notified area is planning to make the Solid Waste Management and Treatment plant for all nearby villages of Hazira area with help of Facile Maven Pvt. Ltd. Consulting company. It was found that 2 village, Rajagari and Junagam has not covered in the integrated plan. So that UBA Cell, SVNIT, Surat has wrote letter to the Surat District Collector and Chief Officer, Hazira Notified area to involve all 5 UBA adopted villages in the Integrated Plan, so that all 5 UBA adopted village will cover in the plan and solid waste management problem can be solved.





सरदार वल्लभभाई राष्ट्रीय प्रौद्योगिकी संस्थान, सूरत
SARDAR VALLABHBHAI NATIONAL INSTITUTE OF TECHNOLOGY, SURAT
सरदार वल्लभभाई राष्ट्रीय प्रौद्योगिकी संस्था, सुरत

SVNIT

નંબર: એસ.વી.એન.આઈ.ટી./ઉન્નત ભારત અભિયાન/ ૨૩૪ / ૨૦૨૦ તા. ૧૭ ઓક્ટોબર, ૨૦૨૦
પ્રતિ,
ડો. ધવલ પટેલ, આઈ.એ.એસ
કલેક્ટરશ્રી, જી. સુરત

વિષય: હજીરા નોટીફાઈડ એરિયામાં ઘન કચરાના યોગ્ય નિકાલના આયોજનમાં રાજગરી અને જુનાગામ ગામોના સમાવેશ કરવા બાબત

નમસ્કાર,

સરદાર વલ્લભભાઈ નેશનલ ઇન્સ્ટિટ્યૂટ ઓફ ટેકનોલોજી સુરતે શિક્ષણ મંત્રાલય દ્વારા સંચાલિત ઉન્નત ભારત અભિયાન હેઠળ સુરત જિલ્લા કલેક્ટરશ્રી અને સુરત જિલ્લા વિકાસ અધિકારીશ્રી દ્વારા ચોર્યાસી તાલુકાના ૫ ગામો મોરા, ભટવાઈ, રાજગરી, સુંવાલી અને જુનાગામમાં ટકાઉ વિકાસના ગ્રામ્ય આયોજન માટે નક્કી કરેલ છે, જે અંતર્ગત ઉપરોક્ત પાંચેય ગામોમાં યુ.બી.એ સેવ, એસ.વી.એન.આઈ.ટી, સુરત ગ્રામ્ય ઉન્નતની કામગીરી કરી રહી છે.

માહિતી મુજબ હજીરા નોટીફાઈડ એરિયા, સુરત હજીરા એરિયાના ૯ ગામોના ઘન કચરાના યોગ્ય નિકાલ માટે સુરત શહેરની એક ખાનગી સંસ્થા સાથે મળીને ઇન્ટીગ્રેટેડ પ્લાન્ટ નું આયોજન કરી રહી છે, જેમાં ઉન્નત ભારત અભિયાનના બે ગામો ૧) જુનાગામ અને ૨) રાજગરી બાકી રહી જાય છે તો આ ગામોને સમાવેશ કરવા વિનંતી છે.

યુ.બી.એ સેવ, એસ.વી.એન.આઈ.ટી, સુરત હજીરા નોટીફાઈડ એરિયામાં ઉન્નત ભારત અભિયાનના પાંચેય ગામો મોરા, ભટવાઈ, રાજગરી, સુંવાલી અને જુનાગામ ને સમાવેશ કરવા કલેક્ટરશ્રી સુરત અને હજીરા નોટીફાઈડ એરિયાને વિનંતી કરે છે

યુ.બી.એ સેવ, એસ.વી.એન.આઈ.ટી, સુરતના વિષય નિષ્ણાંત પ્રોફેસર હજીરા નોટીફાઈડ એરિયામાં સમાવિષ્ટ ગામોમાં ટેકનિકલ જ્ઞાનના સહભાગી અને પ્રોજેક્ટને લગતી વિશિષ્ટ માર્ગદર્શન માટે કાર્યરત છે.

સહકાર ની અપેક્ષા સહ

ડો. શ્વેતા. એન. શાહ
સહ-સંકલનકાર, ઉન્નત ભારત અભિયાન સેવ,
એસ.વી.એન.આઈ.ટી, સુરત

ડો. કૃપેશ એ. ચૌહાણ
સંકલનકાર, ઉન્નત ભારત અભિયાન સેવ,
એસ.વી.એન.આઈ.ટી, સુરત

નકલ સાદર રવાના પ્રતિ, ૧) ચીફ ઓફિસરશ્રી, હજીરા નોટીફાઈડ એરિયા, સુરત





ACTIVITY 9:

Title of the Activity: Making of soil water percolation test pit at proposed lake development site in Junagam Village and conducting of soil percolation test.

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

Brief Description (Need/Impact/Action/Picture (if any)): UBA Cell, SVNIT, Surat has started the lake development activities at proposed site of Junagam Village as per Junagam requirement. It has required testing the soil at proposed site location for checking of water permeability and sustainability. Two test pit have created for soil water percolation test of 2m x 2m x 2m size with support of Junagam Gram Panchayat and Junagam Villagers

The test pits have poured fully with water and inspected after every 24 hour session that how much water in filtered into the soil of proposed site for lake development continuously for 5 day under guidance of Dr. Muni Raval, Ret. Professor and Subject Expert, VNSGU, Surat.



Making of two test pit with help of Junagam Gram Panchayat and Junagam Villagers on proposed lake development site.







Test pit 01: Filled with water

Test pit 02: Filled with water


Reading of Test Pit 01:

Sr. No.	Date	Observation of in filtered water depth	Photograph
1	26 th October, 2020 - 24 th Hour	4 Inch	


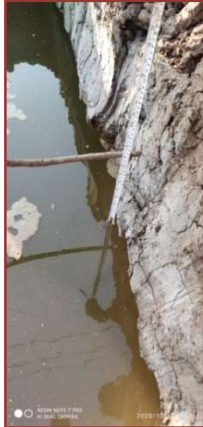


2	27 th October, 2020- 48 th Hour	6 Inch	
3	28 th October, 2020- 72 th Hour	6 Inch	
4	29 th October, 2020- 96 th Hour	7 Inch	
5	30 th October, 2020- 120 th Hour	8.5 Inch	






6	31 st October, 2020- 144 th Hour	10 Inch	
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Reading of Test Pit 02:

Sr. No.	Date	Observation of in filtered water depth	Photograph
1	26 th October, 2020 - 24 th Hour	9 Inch	
2	27 th October, 2020- 48 th Hour	9 Inch	



3	28 th October, 2020- 72 th Hour	9 Inch	
4	29 th October, 2020- 96 th Hour	8 Inch	
5	30 th October, 2020- 120 th Hour	8.5 Inch	



6	31 st October, 2020- 144 th Hour	8 Inch	
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According to the observation, it was found that the soil is good for making of lake.

UBA Cell, SVNIT, Surat will work on contour map making and design proposal of proposed lake development as Jal Shakti Abhiyan.



Next action plan:

Sr. No.	Activity to be conducted (along with reason) in month of November, 2020
1	Webinar on "FIT India Dialogue: 3 Step Rhythmic Breathing", "Fitness Ki Dose, Adha Ghanta Roj" on 5 th November, 2020 (Thursday) at evening 6:00 pm onwards for strengthening total health and boosting the immunity system.
2	Contour map making activity for lake development project at Junagam for Jal Shakti Abhiyan
3	Making and reporting of Solid Waste Management for Junagam and Sunvali village: "Swachh Bharat Mission"
4	Webinar on "Traditional Food Recipes from Ayush System of Medicines"
5	Dissemination of livelihood generation project: Sanitary Pad Manufacturing unit

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

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