



Swami Keshvanand Institute of Technology, Management & Gramothan



3. Harmonious Living

Date: - 22nd December 2023

Venue: - Rajkiya Prathamik Vidhyalaya, Khera Jagannathpura , Shivdaspura

Level of the event: - College level

Notice of the event: -



**Swami Keshvanand Institute of Technology
Management & Gramothan**



SKIT/UBA/2023-24/2

Date: - 19/12/2023

Notice

SKIT UBA Club



This is to inform all students and staff members that **SKIT UBA Club** (Unnat Bharat Abhiyan) is organizing an event '**Harmonious Living**'- a session that will support the overall well-being of children of Rajkiya Prathamik Vidyalaya, Khera Jagannathpura, Shivdaspura on December 22, 2023.

The session will provide students life skills to manage stress and emotions, helping them gain the ability to focus and perform well academically and build positive relationships with peers, parents and teachers, nurturing values like sharing, playing in harmony and developing a sense of belonging with others.

Faculty Coordinator:


Dr. Kiran Rathi
Associate Professor
ECE Department

Event Brochure / Banner: -



Unnat Bharat Abhiyan
presents
Harmonious Living

Different aspects and perspectives related to the idea of
leading a meaningful and balanced life



**Venue:- Rajkiya Prathmik Vidyalaya,
Khera Jagannathpura, Shivdaspura**

Date :- 22nd December 2023
Time :- 12:00 to 1:30 pm

Session expert : Mrs. Sheetal Sharma
Life Coach (since 12years)

Team UBA Club

Objective of the event: -

The Harmonious Living session, organized by the Unnat Bharat Abhiyan Club, SKIT Jaipur, aimed to foster a peaceful, cooperative, and mutually beneficial coexistence among individuals, communities, and societies. It involves creating an environment where people respect, understand, and appreciate each other's differences, while also promoting common values that contribute to overall well-being and unity.

Details (Execution): -

The Harmonious Living Session was promoting collaboration to create a supportive and thriving environment for everyone., leveraging the organizational expertise of the Unnat Bharat Abhiyan Club. The event saw enthusiastic participation from community members, volunteers, and the organizing team.

Harmonious living refers to a lifestyle characterized by balance, peace, and positive interactions with oneself, others, and the environment. It involves cultivating a sense of well-being, fostering healthy relationships, and promoting a harmonious coexistence with the surrounding world. The event was organized on Friday, 22nd December 2023.

The Unnat Bharat Abhiyan Club team played a pivotal role in organizing and coordinating the session. Volunteers of “Harmonious Living” session demonstrated various meditation techniques and exercises, so that the children could concentrate on their studies and build good relationships.

This program was well coordinated by PI Coordinators Dr. Kiran Rathi, associate prof.(ECE Deptt.).She interacted with women and children of the village, carefully heard their problems and guided and motivated them. Faculty members Mrs. Deepti Arela and Mr. Dinesh Kumar also accompanied her. The volunteers of the event Mrs. Sheetal Sharma, Mrs. Asha Rathore, Mrs. Namita Chopra, Mrs. Chaya Jain contributed their valuable insights & their commitment to build good relationships during the Harmonious Living Session.

The success of the Harmonious Living Session owes much to the dedication of the Unnat Bharat Abhiyan Club, the volunteers, and the overwhelming support from the community. The student coordinator, Aravi Sharma and the club members also played a crucial role in organizing and managing the event.

In conclusion, the Harmonious Living Session organized by the Unnat Bharat Abhiyan Club exemplifies the positive impact on the children. By promoting the values of healthy relationships, and promoting a harmonious coexistence with the surrounding world.

Moving forward, the Unnat Bharat Abhiyan Club promotes open communication, mutual respect, and collaborative problem-solving, fostering a positive environment for all participants. The lessons learned from this event will undoubtedly contribute to a healthier, and more socially conscious environment.

Details/List of teacher participants: -

Sr. No.	Name of Teacher	Branch
1.	Dr. Kiran Rathi	ECE
2.	Deepti Arela	EE
3.	Dinesh Kumar	ECE

Details/List of student participants:

Sr. No.	Student Name	Univ. Roll No.	Year	Branch
1.	Aravi Sharma	21ESKCA024		AI
2.	Atharv Paliwal	21ESKCS47	III	CSE
3.	Anushka Prajapati	21ESKEC015	II	ECE
4.	Deepak Kumar Sharma	21ESKEC028		ECE
5.	Bhavya Agrawal	22ESKEC023	II	ECE

Feedback of the event: -

The insightful harmonious living session provided was thought-provoking and practical, emphasizing the importance of empathy, effective communication, and embracing diversity. The session offered valuable tools for fostering understanding and building positive connections, contributing to a more harmonious and fulfilling way of life. People learned meditation and various exercises too for healthy lifestyle.

Glimpses of event:











Certificate:



Signature of Faculty Coordinator: -

Kiran

Dr. Kiran Rathi

(ECE Department)

UBA Club Coordinator