



Swami Keshvanand Institute of Technology, Management & Gramothan

(Accredited by NAAC with 'A++' Grade)

Approved by AICTE, Ministry of Education, Government of India

Recognized by UGC under Section 2(f) of the UGC Act, 1956

Affiliated to Rajasthan Technical University, Kota

Human Values and Professional Ethics:

7.1.9 Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties and responsibilities of citizens: (Other relevant information)

🏠: RAMNAGARIA (JAGATPURA), JAIPUR-302017 (RAJASTHAN), INDIA

☎: +91-141-3500300, 2752165, 2752167, 2759609 | 📠: 0141-2759555

✉: info@skit.ac.in | 🌐: www.skit.ac.in



2024

Seven Days Special Camp by NSS

SKIT
असतो मा सद्गमय

Ministry of Youth Affairs And Sports
Government of India

NATIONAL SERVICE SCHEME
NOT ME BUT YOU

SEVEN DAYS SPECIAL CAMP
11th March 2024 - 17th March 2024

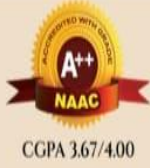
SWAMI KESHWANAND INSTITUTE OF TECHNOLOGY
MANAGEMENT & GRAMOTHAN

VENUE: Dantli Village Tehsil Sanganer, Jaipur

[nss_skit_jaipur](#)



Submitted by:
Dr Anurag Sharma
Program Officer SKIT
NSS Unit



Swami Keshvanand Institute of Technology,
Management & Gramothan, Jaipur
(Accredited with A++ Grade by NAAC)



NSS SPECIAL CAMP - 2024



nss_skit_jaipur



Index



1. About SKIT
2. About Adopted Village
3. Introduction of Special Camp during session 2023-2024
4. Seven Day Activities during Special Camp session 2023-2024
 - 4.1 Day First Activities
 - 4.2 Day Second Activities
 - 4.3 Day Third Activities
 - 4.4 Day Fourth Activities
 - 4.5 Day Fifth Activities
 - 4.6 Day Sixth Activities
 - 4.7 Day Seventh Activities
5. Valedictory Function
6. NSS Volunteers

From Editor's desk

It is my privilege to be associated with the NSS unit of SKIT. I am proud enough to say that our volunteers are admirably adhering to the NSS Motto of "NOT ME BUT YOU" and trying their best to bring positive changes around the society through different activities. The NSS unit of the college is the most active student unit in and outside the campus; which starts from the first day of admissions and goes on till the last working day of the session; and their zeal to continue working, despite the limitations that come with the shift to digital platforms, is admirable. Today I can confidently say that the contribution of our NSS volunteers is limited to some specific celebrations; rather it has now become a daily affair.

The session 2023-24 was extraordinary, in more ways than I can articulate. As the world grappled with an unprecedented health crisis, NSS also had to quickly adapt to carrying out its functions via the digital platform. Throughout the year, we as a team had to navigate through the challenges posed by the pandemic... from conducting online fundraisers to having meetings on Zoom; we somehow managed to find our rhythm. In a world where social distance had become the norm, we managed to form connections with each other, bound by our shared commitment to do our bit for societal upliftment through NSS. We may have been apart physically; however, today the team shares fond memories as well as a sense of kinship towards each other.

The pandemic has also brought the conversation around mental health to the forefront. While talking about mental health is largely taboo in our country, the uncertainty, undue stress, and constant pressure to be productive amidst the chaos have plagued our society as the pandemic tightened its grip over the country. And these challenges need to be considered more seriously in the wake of a devastating second wave, as we continue to collectively struggle to come to terms with its aftermath. This might also be the best time to explore various policy options including creating online mental health awareness. I believe that there needs to be a road map for mental health awareness, one that includes the traditional media, government programs, the education system, and social media. As a reminder to be kinder to not just those around us but also to ourselves.

The office-bearers and volunteers have played a very crucial role in ensuring the elevation of social contributions of NSS SKIT and I express my sincere gratitude to them for enabling the objectives of NSS to become ground realities. I would also like to congratulate the editorial team for bringing this new issue of PRAHAR to the readers. I wish the volunteers the very best for their future!

-Dr. Anurag Sharma
Program Officer NSS SKIT

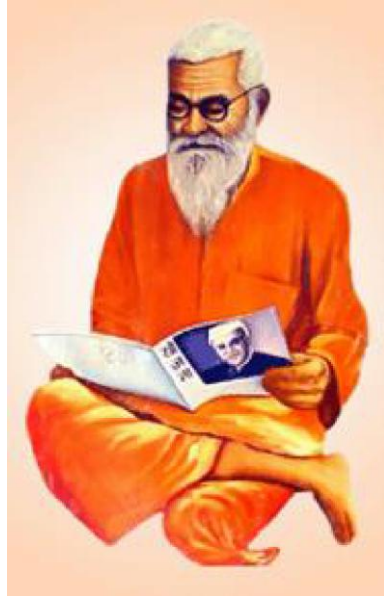


1 About SKIT



Swami Keshvanand Institute of Technology, Management & Gramothan (SKIT) inspired from the learnings of Swami Keshvanand, was established in the year 2000 by Technocrats and Managers Society for Advanced Learning. Today the Institute is recognized as one of the centers of academic excellence in Northern India. The Institute is affiliated to Rajasthan Technical University, Kota for offering Postgraduate and Graduate Courses in Engineering and Management. Our sister institution Swami Keshvanand Institute of Pharmacy (SKIP) is affiliated to Rajasthan University of Health Sciences for offering Graduate Course in Pharmacy. Located in the Pink City Jaipur, which is a blend of traditional history and modern outlook, SKIT is putting in efforts for making industry ready engineers and managers through effective Industry –Institute Interface. Apart from University curriculum SKIT also pursues activities for research and development in various fields. The green landscaping, aesthetic elegance of arches and the vibrant pursuit of knowledge by the young aspirants make the environment serene, pleasant and dynamic. Students joining the institute share the box full of opportunities for professional and personal development through an environment of practical orientation, industrial interaction and student led activities which help the students to develop good communication skills, integrated personality and greater competitive spirit.

Our Inspiration



"Mass illiteracy is the root cause behind backwardness of India. If we want speedy progress of nation we need to root it out as early as possible."

– Swami Keshvanand

Swami Keshvanand, an orphan, illiterate, nomadic man who never received formal education, was the founder of more than 300 schools, 50 hostels and innumerable libraries, social service centers and museums. Swami Keshvanand had a deep understanding of the rural society of the desert region .He had explained the peculiarities of the desert region, identified the problems and suggested appropriate and logical solutions. It was Swami Keshvanand's lifelong endeavor to eradicate social evils like untouchability, illiteracy, child marriage, indebtedness, poverty, backwardness, alcohol abuse, moral dissipation etc.

Vision

To promote higher learning in advanced technology and industrial research to make our country a global player

Mission

To promote quality education, training and research in the field of Engineering & Management by establishing effective interface with industry and to encourage faculty to undertake industry sponsored projects for students.

Quality Policy

We are committed to 'achievement of quality' as an integral part of our institutional policy by continuous self-evaluation and striving to improve ourselves.

Institute would pursue quality in

- All its endeavours like admissions, teaching- learning processes, examinations, extra and co-curricular activities, industry institution interaction, research & development, continuing education, and consultancy.
- Functional areas like teaching departments, Training & Placement Cell, library, administrative office, accounts office, hostels, canteen, security services, transport, maintenance section and all other services.



2

About Adopted Village

About Dantli Village

Dantli village is located in Sanganer Tehsil of Jaipur district in Rajasthan, India. It is situated 15km away from sub-district headquarter Sanganer and 30 km away from district headquarter Jaipur. As per 2009 stats, Dantli village is also a gram panchayat.

The total geographical area of village is 510.07 hectares. Dantli has a total population of 2,720 peoples. There are about 400 houses in Dantli village. Jaipur is nearest town to Dantli which is approximately 30km away.

Public Bus Service: Available within village

Private Bus Service: Available within 5 - 10 km distance

Railway Station: Available within <5 km distance

• **Sarpanch: Sh Anil Sharma** : Mobile No.- 9928392639

• **Deputy Sarpanch: Sh Babu Lal Gurjar** : Mobile No- 9829369954

• **MLA Sanganer: Sh. Bhajan Lal Sharma (Chief Minister of Rajasthan)**



सत्यमेव जयते

राजस्थान सरकार
(पंचायतीराज विभाग)

कार्यालय ग्राम पंचायत दांतली

पंचायत समिति सांगानेर, जिला-जयपुर (राजस्थान)

प्रेषक : सरपंच/सचिव ग्राम पंचायत दांतली पंचायत समिति, सांगानेर जयपुर	प्रेषित : श्रीमान निदेशक महोदय स्वामी केशवानंद इंस्टीट्यूट ऑफ टेक्नोलोजी, मैनेजमेंट एंड ग्रामोथान जगतपुरा, जयपुर
--	--

क्रमांक : 70

दिनांक : 8/2/2019

प्रमाण पत्र

प्रसंग :

प्रमाणित किया जाता है कि आपकी संस्थान स्वामी केशवानंद इंस्टीट्यूट ऑफ टेक्नोलोजी, मैनेजमेंट एंड ग्रामोथान जगतपुरा, जयपुर को भारत/राज्य सरकार की जनकल्याणकारी योजनाओं के तहत ग्राम पंचायत दांतली को गोद देने की अनुमति प्रदान की जाती है। सरकारी योजनाओं के विभिन्न कार्यक्रम/ विकास/ जागरूकता अभियान के तहत आपकी संस्था हमारी ग्राम पंचायत का स्मार्ट विलेज के रूप में विकास कार्य करेंगे। आपके ऐसे कार्यों से क्षेत्र की जनता लाभांवित होगी, साथ ही स्थानीय निवासियों में जागरूकता बढ़ेगी।

मैं आशा करता हूं कि सरकार की विभिन्न योजनाओं के तहत आपकी संस्था ग्राम पंचायत दांतली कार्यालय के सहयोग के साथ मिल-जुलकर कार्य संपन्न करेंगे।

8/2/2019
सरपंच

ग्रा.पं. दांतली
पं.स. सांगानेर (जयपुर)
मनोज कुमार शर्मा
सरपंच, ग्राम पंचायत दांतली
पं.स. सांगानेर, जयपुर
मो. 9887578000
9782448000

3

Introduction of NSS Special Camp

SWAMI KESHIVANAND INSTITUTE OF
TECHNOLOGY, MANAGEMENT AND GRAMOTHAN
JAIPUR RAJASTHAN

SKIT/493

Date: 22. Feb 2024

Letter of Intimation

We feel proud to inform that a seven days NSS camp (Social responsibility workshop) is going to be organized at **Dantli Village Tehsil Sanganer, Jaipur** by the SKIT National Service Scheme (NSS) Unit (2023-2024) from 11th March to 17th March 2024.

In this camp, there will be various programs on social responsibility like talk and rallies on prevention of Covid -19, Swine flu, Aids awareness, Voters awareness campaign for the Youth, Importance of sanitary napkins, Zero waste management, Scarcity of water, Rain water harvesting, Various means of irrigation and Importance of education, Preparation of teaching tools for Government school.

Venue: Dantli Village Tehsil Sanganer, Jaipur

Time: 9 AM (11th March to 17 March 2024)


PRINCIPAL
Swami Keshivanand Institute of Technology,
Dr. Ramesh Kumar Pachan
Ramnagar (Jaipur), Distt-302017
Principal, SKIT

INTRODUCTION OF SKIT SPECIAL CAMP

Volunteers Team of SKIT organized a 7 day special camp at a village named Dantli Tehsil at Sanganer, Jaipur from 11 March to 17th March 2024. The preparation of the camp started a week ago from the date of its initiation. Program officer Dr. Anurag Sharma with 2-3 student volunteers visited the village twice before setting the camp. There were 50 Volunteers in Camp. Students from all branches and all years participated in the camp with great zeal. The objective of this camp was to begin the interface with community, rapport building with community members and to develop understanding of the village, keeping in view the perspective of village adoption i.e. developing long term institutional relationship with the community and contributing to the upliftment of the people therein. Total expenditure of Camp: Rs 35,000 /- (Funded by Government of Rajasthan)

3.1 About the Special Camp

After the approval of Dr. S. L. Surana (Director Academics) and Dr Ramesh Kumar Pachar (Principal SKIT), Program officer Dr. Anurag Sharma along with the student volunteers laid out the plan on paper. He also had a word with the other faculty members to avoid the loopholes. He discussed the plan of organizing the camp at the village. The plan and its utility was appreciated by the villagers and they agreed for the camp to be organized by the volunteers of SKIT from 11 March to 17th March 2024.

“Kayakalp” of Government Buildings in Session 2018-19, 2019-20, 2021-22, 2023-24





SWAMI KESHVANAND INSTITUTE OF TECHNOLOGY
MANAGEMENT & GRAMOTHAN
NSS SPECIAL CAMP 2020



SWAMI KESHVANAND INSTITUTE OF TECHNOLOGY
MANAGEMENT & GRAMOTHAN
NSS SPECIAL CAMP 2019



VENUE : DANTALI VILLAGE "Gram Panchayat Bhawan"
SANGANER, JAIPUR
25th FEB - 02nd MARCH
2020
Kayakalp II

VENUE : DANTALI VILLAGE "YATRI VISHRAM GRAH"
SANGANER, JAIPUR
27th FEB - 05th MARCH
2019
KAYAKALP



Swami Keshvanand Institute of Technology
Management and Gramothan



NSS SPECIAL CAMP 2022

"Rajkiya Praathamik Vidhyalaya"
Kayakalp III

VENUE: DANTALI VILLAGE
SANGANER, JAIPUR

22nd March to 28th March
2022

Before 22/03/22

After 28/03/22



Major Activities Undertaken

Activity – 1: Meeting with Villagers and Panchayat Representatives

Activity – 2: Prabhat Pheri

Activity – 3: Rally on water conservation

Activity – 4: Yoga

Activity – 5: Rally on Nasha Mukti

Activity – 6: Seminar on “Basic First Aid for Animals”

Activity – 7: learnt about bio-degradable waste

Activity – 8: cleaning of nearby yards

Activity – 9: Gift distribution for school kids

Activity – 10: Awareness Programs on Sanitary Napkins, Government Schemes, Scholarships for girls, Banking, Swachhh Bharat Abhiyaan, Swine flu awareness, Aids awareness, and awareness regarding new technology in irrigation.

4.1 DAY FIRST OF CAMP: INAUGURATION OF THE CAMP (TUESDAY 11th March, 2024)

The camp began with the inaugural function in the College itself. The programme began by Nodal Officer Dr. Anurag Sharma and Principal Ramesh Prachar boosting up the confidence of students.

The students reached the village by morning and they immediately realized that the place was an abysmal pit. All the volunteers cleaned and washed the school thoroughly. Once everything was in place, all of them settled down. Students gave their introduction to know more about each other. So, some of the volunteers along with our Program officer went to the Sarpanch of Village to know what changes and improvements are required to be done. Then students were given the opportunity to have an introduction with the villagers and familiarize themselves with the milieu. So, there was a one to one interaction between the villagers and the student volunteers. After supper, there was a meeting to discuss the plan for the coming days. All the students were divided in 5 groups named as Yudhishter, Bheem, Arjun, Nakul, Sehdev. Students noted down each and every minor detail which they came across in the introduction session.

Activities of Day first

- Motivational Song.
- Introductory session.
- Cleaning Drive of “Gram Panchayat ” of Dantli Village.
- Debates on the technique of cleaning under “Swachh Bharat Swasth Bharat Abhiyan”.
- Visit to the last camp site.









4.2 DAY SECOND OF CAMP: (12th MARCH, 2024)

- Morning assembly with Motivational Song and yoga exercises. An intensive activity of Yoga used to be carried out everyday just after the SBA program. Students showed great enthusiasm in yoga so a special trainer was also called on one of the days to train them and make them understand the importance of yoga's in life.
- Meeting with Villagers and Panchayat Representatives. As soon as everyone settled down, a meeting was called for with the Villagers and the Panchayat representatives to build the rapport. People showed good response in return. Whatever difficulties we were facing, they were standing beside us to help us in all the odds. They provided us the required materials, water for use and drinking and washroom facility was also provided by the villagers.
- All the volunteers visited nearby field and studied about types of crops and animals.
- All The volunteers studied about Rabi and Kharif Crops.











4.3 DAY THIRD OF CAMP (13th MARCH, 2024)

- Morning assembly with yoga exercises. The students sang National song “Vande Mataram”. This filled the atmosphere with nationalism.
- The feeling of patriotism can be felt when the students sang the national anthem “Jan Gan Man” in unison. The walls were rubbed clean to make them ready to apply fresh paint on the walls of “Gram Panchayat” of Dantli Village and Different areas of the village was cleaned by the volunteers.
- Preparation for Mixing of Colors for White washing and theme selection for Gram Panchayat wall painting.
- Initiated White washing.
- In Addition to this a Nasha Mukti Awareness Drive was also organised. During the rally participants raised slogans and carried placards with messages about Nasha Mukti. Total 50 volunteers started their march from the Gram Panchayat of Dantli village which passed through the alleys of Dantli gram panchayat before culminating at the same venue.





पानी की रक्षा,
देश की सुरक्षा !!





4.4 DAY FOURTH OF CAMP (14th MARCH, 2024)

- Morning assembly with yoga exercises and The National Anthem .
- The students resumed painting the walls and the walls were completely painted by the end of Day 4
- The participants learnt about the basic first aid that is given to the animals at the very moment they see an injured animal & then further proceed to a veterinarian for complete treatment.









4.5 DAY FIFTH OF CAMP (15th MARCH , 2024)

- After the Morning Assembly and National Anthem, after completion of whitewashing the walls of the outer area, the volunteers started with cleaning the walls of the other 2 rooms of the school and were white-washed same day.
- Simultaneously a group of volunteers cleaned the yard of a neighboring house where they fed cattle and showed their curiosity in knowing about the daily life of villagers and also learned the process of making organic compost using animal wastes and also using various other biodegradable waste.
- Some volunteers also had keen interest in knowing about the process of making of Cow Dung Cakes which are further used as fuel for either cooking or for warmth purposes during Winters.
- Sketches and outlines for theme wall painting .







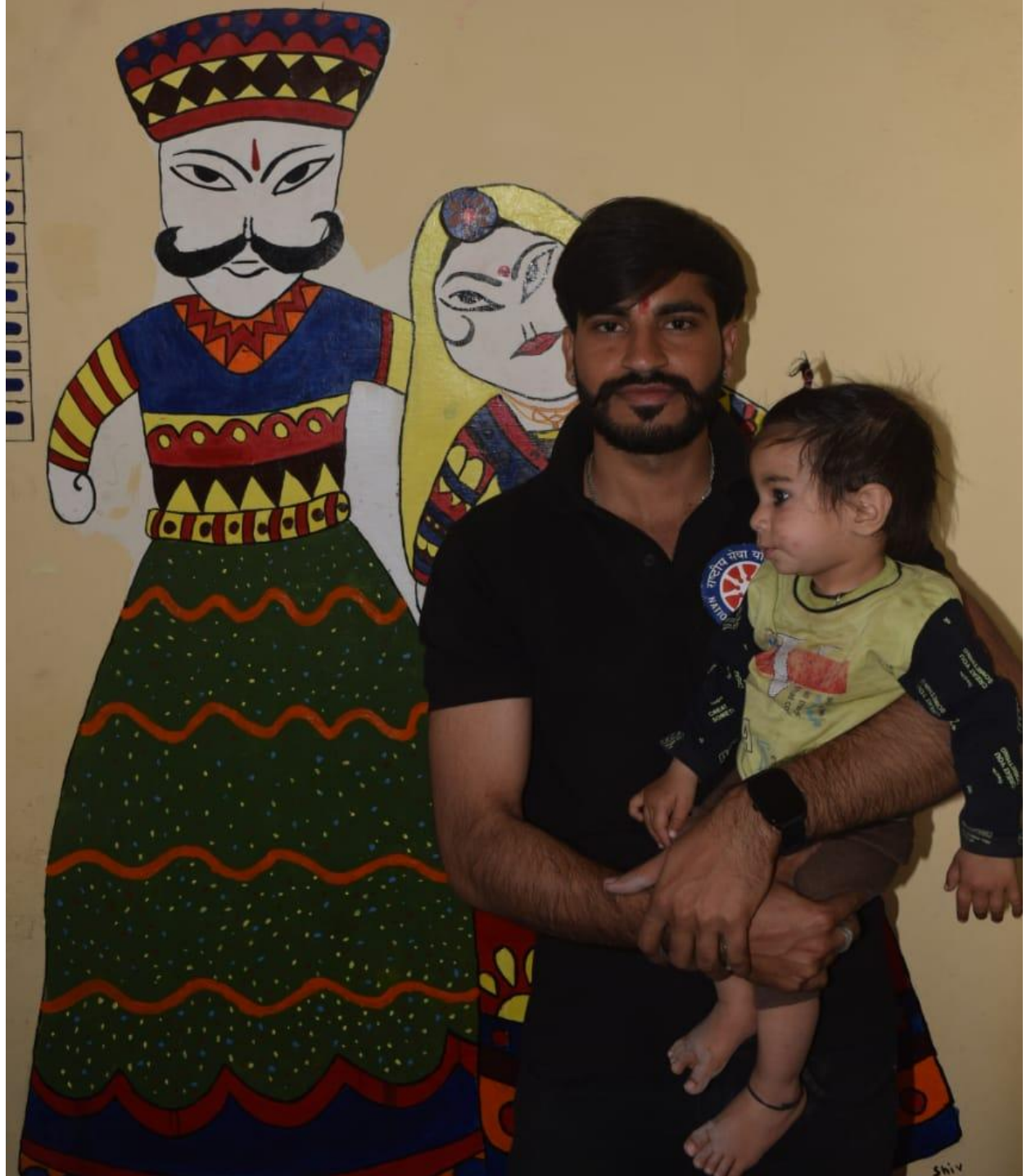


4.6 DAY SIXTH OF CAMP (16th MARCH, 2024)

- Morning assembly with yoga exercises
- Theme of Wall painting was learn with fun.
- Volunteers initiated filling colour in goddess Saraswati and lord Krishna's potrait.
- Girl volunteers created awareness for Health and Hygiene of women and educated them about the proper usage of and disposal of sanitary pads.
- By volunteers Various activities were carried out for kids



तं अपने सोच-विचार
करें अपना मत बेकार







4.7 DAY SEVENTH OF CAMP (17TH MARCH, 2024)

- Final finishing was done to the portraits.
- On the last day of Special Camp – 2024 a small ceremony was organized in which the Principal, SKIT Sh. Ramesh Kumar Pachar visited the school in order to appreciate the work and the efforts of the volunteers they've made in these past 7 days .
- The dignitaries s invited to closing ceremony were Sarpanch Sh. Anil Sharma Ji , Deputy Sarpanch Sh. Babu Lal Ji.
- Ceremony was initiated by the worship of goddess saraswati.
- Dantli Village Deputy Sarpanch Sh. Babu Lal Gurjar organized a buffet for all the Volunteers on the last day of the Special Camp – 2024. The volunteers enjoyed the food a lot. The volunteers also served the food to the teachers and all the dignitaries present at the small closing ceremony held at the Gram Panchayat.
- The Sarpanch then thanked all the volunteers.











दांतली



खम्मा घण













5

VALEDICTORY FUNCTION

5. VALEDICTORY FUNCTION

On the last day, a Valedictory Program was conducted in which all the villagers were invited. Villagers and Panchayat Representatives thanked us from the bottom of their hearts for the commendable work that TEAM NSS SKIT had endeavoured in the last 7 days.

Chief Guest Dr Ashwini Kumar Sharma, Former Director General, NIELIT (MeitY) Govt. Of India.

Honoured Guest: Sh. Anil Sharma (Sarpanch, Dantli Panchayat) and Sh. Babu Lal Sharma (Deputy Sarpanch, Dantli Panchayat).

The Chief Guest & Honoured Guests were welcomed to the venue in a traditional way by girls who applied “*Tilak*” to the Guests.

The function started with lamp lighting and Saraswati Vandana.

Sh. Jaipal Meel, Director, SKIT then presented a “Shawl” as welcome gift to the Chief Guest.

The Director, SKIT expressed his thoughts about the work done by volunteers during the 7 Day Special Camp and was very delighted to see the “*Kaaya-Kalp*” and motivated the students to continue the efforts that are being made for the Social Cause.

The chief Guest Dr Ashwini Kumar Sharma Ji addressed the gathering and was very happy to see the efforts of current generation that is still concerned about the society. He asked the students to continue the social work and also expressed his desire to help for the social cause in the best way that he could. He also focused on various government schemes that could be very useful for students in field of education and health care etc.

Certificates distributed to students by the Chief Guest, Sh. Jaipal Meel(Director, SKIT).

Dr. Anurag Sharma, NSS Program Officer concluded the session with a Vote of Thanks. He thanked all the designatories for attending the session and also thanked Sh. Babu Lal ji and Sh. Basant Ji who fulfilled all the requirements within no time and were always available the students during the Camp.

He also urged students to come up with any ideas that could contribute to a social cause in any way and also promised his availability for the noble cause.

The function was completed with the “National Anthem” & a Group Photograph.



6 NSS Volunteers



Dr. Anurag Sharma

(Associate Professor, Department of Chemistry, NSS Program Officer)



Mr Saarthak Chopra

Mr Kamlesh Gurjar

Mr Deepak Yadav

Mr Ashlesh Singh Chauhan

*Student Coordinator, NSS
SKIT*

nss@skit.ac.in

S.No.	Full Name	Mobile No.	Branch	University Roll no.	Date of Birth	Category	Year
1	Abhay sharma	9680999487	CSE(IOT)	23ESKCY002	26-10-05	General	1 st
2	Abhishek sharma	8307767859	CSE	23ESKCS007	15-03-05	General	1 st
3	Akshit Kumar Saini	9773970410	CSE(IOT)	23ESKCY003	10-03-04	OBC	1 st
4	Angad Kumar	6204958356	ECE	23ESKEC013	10-09-05	OBC	1 st
5	Aniket Raj	7004498871	ECE	23ESKEC014	29-10-05	General	1 st
6	ANJANEYA SHARMA	9343172124	CSE(AI)	23ESKCA012	13-09-05	General	1 st
7	Arpit Podia	7737592498	IT	23ESKIT023	27-06-05	General	1 st
8	Ashish Katariya	6377136185	CSE(DS)	23eskcx015	21-08-04	OBC	1 st
9	Ashiv Kumar nagar	8619095037	IT	23ESKIT026	16-03-03	OBC	1 st
10	Ashlesh Singh Chouhan	9352093664	IT	21Eskit304	26-11-02	General	3 rd
11	Atulya Khandelwal	8696347491	IT	22ESKIT025	04-09-04	General	2 nd
12	Ayesha Agarwal	9672857121	CSE(IOT)	23ESKCY011	21-09-05	General	1 st
13	Chirag Sharma	9818417110	CSE(IOT)	23ESKCY012	07-06-05	General	1 st
14	Deepak	7023817376	IT	21ESKIT037	24-12-01	OBC	
15	Deependra Singh Chauhan	6350288184	CE	23ESKXC027	26-09-01	OBC	1 st
16	Devansh sharma	7878091985	CSE(IOT)	23ESkCY013	31-08-04	General	1 st
17	DHRUV RATHORE	9468646182	ECE	23ESKEC032	22-11-04	OBC	1 st
18	Divyansh saini	7877420360	CE	23ESKCE030	03-12-04	OBC	1 st
19	EKLAVYA GUPTA	7878960768	CSE(AI)	23ESKCA041	24-03-05	General	1 st
20	Gaurav Gupta	7062878958	CSE(IOT)	23ESKCY017	03-11-03	General	1 st
21	Harsh Vardhan Kharol	8005630568	CSE(AI)	23ESKCA048	27-04-06	OBC	1 st
22	Hemang khandelwal	8279251393	IT	23ESKIT060	05-07-04	General	1 st
23	Hemant Kumar Meena	9983213101	CE	23ESKCE040	27-09-07	ST	1 st
24	Hemant vijayvargiya	8003296944	CSE(AI)	23eskca051	08-01-04	General	1 st
25	Himanshu Saugat	7878935763	CE	23ESKCE043	26-04-04	SC	1 st
26	Himanshu Sharma	8003335095	IT	21ESKIT309	04-09-02	General	3 rd
27	JATIN JAIN	8383845372	CSE	23ESKCS210	22-10-04	General	2 nd
28	Kamlesh gurjar	07240144026	CE	21ESKCO38	16-10-04	OBC	3 rd
29	Karan garg	9045014232	CSE(DS)	23ESKXC047	26-07-05	General	1 st
30	Karan Singh	6377736720	CE	23ESKCE050	03-04-04	General	1 st
31	Khushi purohit	8005777841	IT	22ESKIT305	17-12-04	General	2 nd
32	Kunal Vishnoi	8769177678	IT	22ESKIT086	05-01-04	OBC	2 nd
33	Lakshita dhaked	6378434178	ECE	23ESKEC050	25-08-05	OBC	1 st
34	LAKSHYA KUMAR RATHOR	9680800204	CSE(AI)	23ESKCA064	29-10-04	OBC	1 st
35	Manoj Jangid	7877464588	ME	23ESKME028	24-03-05	OBC	1 st
36	Mayank Jain	6375866091	EE	22ESKEE048	25-02-05	General	2 nd
37	Maytri Singh Ahluwalia	7597404429	ECE	23ESKEC056	21-04-05	General	1 st
38	Mohit Choudhary	8432406155	CSE(DS)	23ESKXC067	28-01-04	OBC	1 st
39	Mohit Kumar Vijay	7014982972	IT	22ESKIT304	13-09-06	General	2 nd
40	Nandani Rathore	9982190194	CSE(DS)	23ESKXC069	18-07-05	OBC	1 st
41	Nandini gora	6260007998	CSE(DS)	23ESKXC070	13-11-04	SC	1 st
42	Nikunj Agarwal	9548257079	CSE(DS)	23ESKXC074	11-10-04	General	1 st
43	Nimisha Mangal	9828750407	CSE(DS)	23ESKXC075	25-11-05	General	1 st
44	Palak Soni	7597646465	CSE(IOT)	23ESKCY038	05-06-06	OBC	1 st
45	Pranshul Sukhwal	9829678058	IT	21ESKIT082	10-06-03	General	3 rd
46	Rahul Garg	7814634013	CSE(DS)	23ESKXC087	22-10-05	General	1 st
47	Rahul sharma	6367126190	IT	21ESKIT091	11-09-02	General	3 rd

48	Rahul Singh	6367223418	ME	23eskme042	3-06-04	General	1 st
49	Rudraksh dusad	9828072482	CSE(DS)	23ESKCX096	12-08-05	General	1st
50	Saarthak Chopra	9571285091	CE	21ESKCEO84	01-12-03	General	3rd

Words of Acknowledgement

It is often believed that genuine guidance, support and blessings are the unparalleled qualities that can never be paid back. The entire SKIT family yet wishes to express a heart- felt word of gratitude to all those who were associated with Gramothan work directly or indirectly for their valuable support. We also hold a firm belief that this gesture of encouragement will certainly help our students.

TO BE CONTINUED...

REPORT

YOGA AND MEDITATION CLUB

Objective of the event: - A yoga session of 3 days (12th to 14th February 2024) was organized by Yoga and Meditation Club to increase their immunity, built-up their strength and feel the inner peace of mind.

Details/ List of Teacher Participants

S. No.	Name of Faculty	Name of Department
1	Mr. Satyaveer Singh (Yoga Instructor)	Electrical Engineering
2	Ms. Archika Jain	CSE
3	Mr. Brij Mohan Sharma	Mechanical Engineering
4	Dr. Deepak Kumar	Mechanical Engineering
5	Mr. Manoj Raman	IT
6	Mr. Yusuf Sharif	Electrical Engineering
7	Ms. Deepti Arela	Electrical Engineering
8	Dr. Mithlesh Arya	CSE
9	Ms. Ritu Shukla	IT
10	Mr. Praveen Kumar Yadav	IT
11	Mr. Vikram	IT
12	Ms. Shanu Tripathi	CSE
13	Dr. Aakriti Sharma	CSE
14	Ms. Priyanka Sharma	CSE
15	Dr. Sunita Gupta	IT
16	Mr. Banwari Lal Sharma	Civil Engineering
17	Ms. Priya Gupta	CSE
18	Ms. Allisa Goyal	CSE
19	Dr. Niketa Sharma	CSE
20	Mr. Sohan Lal Gupta	CSE
21	Mr. Rajesh Rajaan	CSE
22	Ms. Richa Rawal	IT
23	Dr. Mithlesh Arya	CSE
24	Dr. Arpita Sharma	CSE
25	Mr. Manish Kumar Sharma	CSE
26	Ms. Barkha Jain	CSE
27	Mr. Dinesh Kumar Sharma	Mechanical Engineering

Details of Faculty Coordinators

Sr. No.	Name	Department	Mobile No.	Email Id
1	Ms. Archika Jain	CSE	7597161891	archika.jain@skit.ac.in
2	Mr. Satyaveer Singh	EE	9785118885	satyaraj501@gmail.com

Details of Student Coordinators

Sr. No.	University Roll No.	Name	Year	Branch	Mobile No.	Email Id
1	22ESKCS194	Sakshi Bhasker	II	CSE	9672959642	b220671@skit.ac.in
2	22ESKCS802	Sharda Meghwal	II	CSE	8383056954	b220630@skit.ac.in

BHRAMARI AASAN



Bhramari asana, also known as the Humming Bee Pose, is a yoga posture that involves controlled breathing with a humming sound. Bhramari asana is known for its calming and soothing effects on the nervous system. It can help reduce stress, anxiety, and agitation while promoting relaxation and mental clarity. It's often practiced as part of pranayama (breathing exercises) or as a preparation for meditation.

ANULOM VILOM



Anulom Vilom, also known as Nadi Shodhana or Alternate Nostril Breathing, is a popular pranayama (breathing exercise) in yoga. It involves the rhythmic and controlled breathing through alternate nostrils. Anulom Vilom is known for its calming and balancing effects on the mind and body. It's often practiced as part of a regular yoga routine or as a standalone breathing exercise to reduce stress and improve concentration.

STRETCHING



Stretching is a physical activity that involves deliberately lengthening or extending muscles, tendons, and ligaments to increase flexibility, improve range of motion, and prevent injury. It's an essential component of any fitness routine and is often performed before and after exercise or as part of a standalone practice such as yoga or Pilates. It's important to note that stretching should be done safely and should never cause pain. It's also not a substitute for warming up before exercise, as cold muscles are more prone to injury.

MEDITATION



Meditation is a practice that involves training the mind to focus and redirect thoughts, leading to a state of heightened awareness, relaxation, and inner peace. It has been practiced for thousands of years and is often associated with various spiritual and religious traditions, including Buddhism, Hinduism, and Taoism. Meditation can be practiced anywhere and at any time, and even just a few minutes of daily practice can yield significant benefits. It's essential to approach meditation with an open mind and without expectations, as experiences can vary widely from person to person.

ADHO MUKHA SVANASANA



Adho Mukha Svanasana is the Sanskrit name for Downward-Facing Dog pose in yoga. It is one of the most widely recognized yoga poses and is frequently practiced in various yoga styles. It's essential to practice Downward-Facing Dog mindfully, paying attention to your body's alignment and respecting its limitations. If you have any wrist, shoulder, or back injuries, or if you're pregnant, you may need to modify the pose or avoid it altogether.

PRANAMASANA



Pranamasana, also known as the Prayer Pose or the Namaste Gesture, is a foundational yoga asana (pose) that is typically performed at the beginning and end of a yoga practice as a gesture of respect and gratitude. This pose can be practiced by individuals of all levels and abilities and can be easily modified to suit different needs. It's a beautiful way to begin and end a yoga practice, connecting with yourself and the present moment.

Objective of the event: - A yoga session was organized on 21 Feb. 2024 by Yoga and Meditation Club to increase their immunity, built-up their strength and feel the inner peace of mind.

Details/ List of Teacher Participants

S. No.	Name of Faculty	Name of Department
1	Mr. Satyaveer Singh (Yoga Instructor)	Electrical Engineering
2	Ms. Archika Jain	CSE
3	Dr. Mithlesh Arya	CSE
4	Ms. Ritu Shukla	IT
5	Ms. Priyanka Sharma	CSE
6	Dr. Sunita Gupta	IT
7	Dr. Arpita Sharma	CSE

Details of Faculty Coordinators

Sr. No.	Name	Department	Mobile No.	Email Id
1	Ms. Archika Jain	CSE	7597161891	archika.jain@skit.ac.in
2	Mr. Satyaveer Singh	EE	9785118885	satyaraj501@gmail.com

Details of Student Coordinators

Sr. No.	University Roll No.	Name	Year	Branch	Mobile No.	Email Id
1	22ESKCS194	Sakshi Bhasker	II	CSE	9672959642	b220671@skit.ac.in
2	22ESKCS802	Sharda Meghwal	II	CSE	8383056954	b220630@skit.ac.in

BAIASANA



Balāsana, also known as Child’s Pose, is a relaxing yoga pose that has several benefits. It helps to calm the mind, reduce stress, and relieve tension in the back, neck, and shoulders. Balāsana also stretches the hips, thighs, and ankles. However, it’s important to note that if you have knee or ankle injuries, or if you’re pregnant, you should avoid this pose. Always listen to your body and consult with a yoga instructor if you have any concerns.

BHUJANGASANA



Bhujangāsana, also known as Cobra Pose, is a powerful yoga pose with numerous benefits. It strengthens the back muscles, improves posture, and increases flexibility in the spine. Bhujangāsana also helps to open up the chest, stretch the shoulders, and tone the abdominal muscles. However, it's important to avoid this pose if you have back or neck injuries, or if you’re pregnant. As always, listen to your body and consult with a yoga instructor if you have any concerns.

SAHAJ YOGA MEDITATION

Date, Time and Venue of the event: - 1st May 2024, 1:30 -2:30pm
At IAI Lab

Level of the event: - College level

Notice of the event: -



Swami Keshvanand Institute of Technology, Management &
Gramothan, Ramnagar, Jagatpura, Jaipur-302017, INDIA
Tel.: +91-0141- 3500300 Fax: +91-0141-2759555
E-mail: info@skit.ac.in Web: www.skit.ac.in



YOGA AND MEDITATION CLUB

SKIT/ECA/2023-24/

Date: - 29/04/2024

NOTICE

Talk time on Sahaj Yoga Meditation: 35 Minutes (15 minutes talk + 15 minutes activity + 05 minutes Questions)

As per World Health Organization, Health is a state of complete physical, mental and social well being and not merely the absence of disease. During our professional life (studies and working in premier R&D lab), we remain physically fit and achieve goals successfully. But the work pressure and competition seems difficult obstacles to the mental and social well being. Here, Sahaj Yoga Meditation helps to pursue our activities in a without being tiredness. We have regular sense of enjoyment during our day .

So join us for an insightful session with **Dr. Hemant Kumar Meena, Associate Professor, Dept. of Electrical Engineering, MNIT Jaipur** on 1st May 2024.

Venue: IAI Lab

(Timings: 1st May 2024, 1.30 – 2.30 pm)

Student Coordinators:

Sakshi Bhaskar: 9672959642

Sharda Meghwal: 8383056954

Faculty Coordinators:

Archika Jain: 7597161891

Satyaveer Singh: 9785118885

ECA Coordinators:

Dr. Aakriti Sharma

Deepti Arela

Details of invited guest/speakers:- Dr. Hemant kumar Meena, Associate Professor, Department of Electrical Engineering, MNIT Jaipur.

Objective of the event:- To let the students know about the role of sahaj yoga meditation in their life and how to do sahaj yoga meditation.

Details (Execution):-

The guests and speakers of the event are welcomed with a bouquet and momento After that they give their insightful views on Sahaj yoga meditation and then everyone performed some activities with them. Lastly, a token of thanks was given by faculty coordinator and with this the session ends.

Details/List of faculty coordinator(s)-

Sr. No.	Name of Teacher	Department
1	Ms. Archika jain	Computer science and engineering
2	Mr. Satyaveer Singh	Electrical Engineering

Details/List of student coordinators:

Sr. No.	Name	Univ. Roll no	Year	Branch
1	Sakshi Bhaskar	22ESKCS194	2nd	CSE
2	Sharda Meghwal	22ESKCS802	2nd	CSE

Details/List of student participants:-

Sr. No.	Name	Univ. Roll no	Year	Branch
1	Sakshi Bhaskar	22ESKCS194	2nd	CSE
2	Sharda Meghwal	22ESKCS802	2nd	CSE
3	Shrey Ghiya	22ESKCS809	2nd	CSE
4	Shivam Gupta	22ESKCS807	2nd	CSE
5	Shivam Agarwal	22ESKCS805	2nd	CSE
6	Shivam Bora	22ESKCS806	2nd	CSE
7	Satvik Vaishnav	22ESKCS800	2nd	CSE
8	Satveer Gujar	22ESKCS199	2 nd	CSE
9	Sikha Mahar	22ESKCS804	2 nd	CSE
10	Ruchika Meena	22ESKCS187	2 nd	CSE
11	Vallari Asthana	22ESKCS829	2nd	CSE
12	Sachin Mishra	22ESKCS190	2nd	CSE
13	Rohit Soni	22ESKCS185	2nd	CSE
14	Nitisha Vijay	22ESKCS300	2nd	CSE
15	Abhinav Soni	22ESKCS302	2nd	CSE
16	Shreya Samariya	22ESKCS304	2nd	CSE
17	Yash Karodiwal	22ESKCS850	2nd	CSE
18	Tanishka Sain	23ESKCS221	2nd	CSE
19	Utkarehika Jangid	23ESKCS222	2nd	CSE

20	Barkha Vijay	23ESKCS205	2nd	CSE
21	Sonali Sharma	23ESKCS218	2nd	CSE
22	Suruchi Bharti	23ESKCS220	2nd	CSE
23	Vishal Gothwal	22ESKCS842	2nd	CSE
24	Nikhil sharma	23ESKCS214	2nd	CSE
25	Anuj	23ESKCS203	2nd	CSE
26	Gajraj singh	23ESKCS208	2nd	CSE
27	Nityam kaushik	23ESKCS215	2nd	CSE
28	Dharmendra singh	23ESKCS207	2nd	CSE
29	Lokesh sharma	23ESKCS212	2nd	CSE
30	Sudhansh jain	23ESKCS219	2nd	CSE
31	Tanishka jain	22ESKCS301	2nd	CSE
32	Tanisha	22ESKCS303	2nd	CSE
33	Jatin jain	23ESKCS210	2nd	CSE
34	Aditya singh	23ESKCS200	2nd	CSE
35	Aseem jain	23ESKCS204	2nd	CSE
36	Akash sharma	23ESKCS201	2nd	CSE

Feedback of the event:-

It was a successful event from which everyone learnt about sahaj yoga meditation.

Photos of event (with Geotagged):-

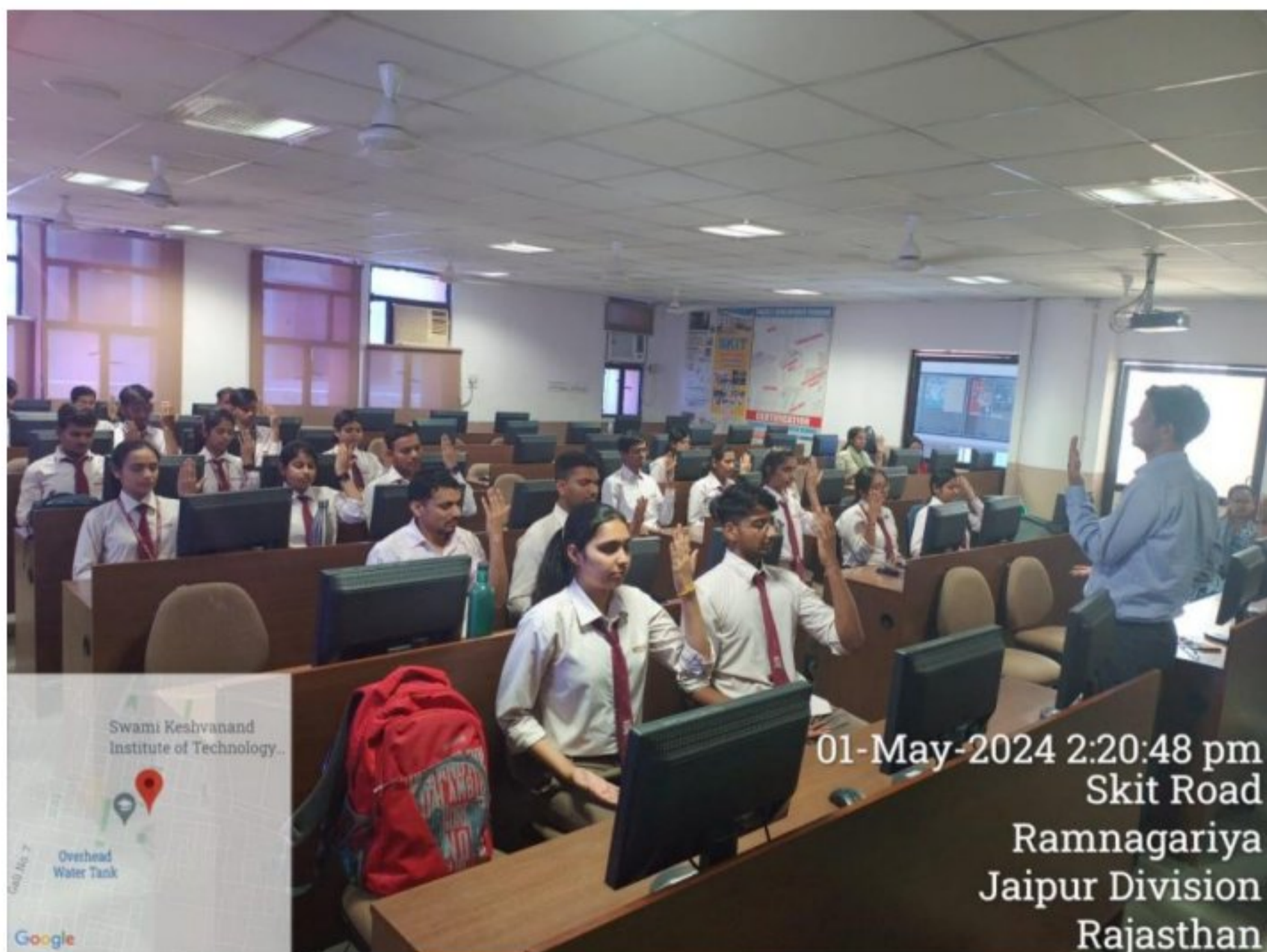




01-May-2024 2:11:35 pm
Skit Road
Ramnagariya
Jaipur Division
Rajasthan



01-May-2024 2:15:25 pm
Skit Road
Ramnagariya
Jaipur Division
Rajasthan



01-May-2024 2:20:48 pm
Skit Road
Ramnagariya
Jaipur Division
Rajasthan



Photos of event (without Geotagged):-





Certificates (winners and participants and coordinators):-

Collage of the event:-



Faculty Coordinator(s)
Ms. Archika Jain

Student Coordinator(s)
Sakshi Bhaskar