



**Swami Keshvanand Institute of Technology, Management &
Gramothan, Jagatpura, Jaipur**

COVID CARE WORKSHOP
For students, faculty & staff members
19-21 July, 2021

Organized by
Universal Human Values & Ethics Committee, SKIT Jaipur



**We express our gratitude with bow head to Pujya Gurudev Sri Sri Ravi
Shankar Ji with whose blessings this programme could become a success.**

Comprehensive Report

By

Prof. Archana Saxena

Dr. Swati Joshi

HOST INSTITUTE



Swami Keshvanand Institute of Technology, Management & Gramothan, Jagatpura, Jaipur

Estd: 2000, Accredited by NBA, Consecutively Fourth time Ranked No. 1 Institute in Rajasthan by
Rajasthan Technical University (RTU), Kota for academic session 2020-2021

Tel.: +91-0141- 5160400, 2759609, 2752165 & 2752167
Fax: +91-0141-2759555, E-mail: info@skit.ac.in

Coordinators

Dr. Swati Joshi
Department of Chemistry
SKIT Jaipur

Prof. Archana Saxena
Department of Chemistry
SKIT Jaipur

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NOTIFICATION OF THE WORKSHOP BY RTU

KOTA



OFFICE OF THE COORDINATOR
FACULTY DEVELOPMENT PROGRAM
RAJASTHAN TECHNICAL UNIVERSITY
Rawatbhata Road, Akelgarh, Kota-324010
☎: 0744-2473027 Fax: 2473002 email: dean.studwelfare@rtu.ac.in

No. RTU/Co-FDP/2021/1043

Date: 15.6.2021

The Principal/Director
All Affiliated Institutes
RTU Kota

16/06/21

Ref.: AICTE mail dated 13.5.2021

Sub.: Conduction of Online Guided Free Covid care Workshops by Art of Living for faculty of RTU affiliated Institutions

Dear Sir/Madam,

This has reference to above AICTE mail regarding conduction of Online Guided Free Workshops (30 minutes each day for 3 days) by Art of Living to boost immunity, and support mental and physical health in teaching fraternity at this crucial time of Pandemic Covid-19.

The three days guided sessions will be conducted by the trained Yoga and Meditation teachers of Art of Living over next two-month period in online mode free of cost. Mr. Paras Kohli (M: 9571476933), Mr Rishi Sood (M: 701471479965); Rajasthan Zonal Coordinators of AGL will coordinate the conduction of sessions in affiliated institutes.

The sessions will cover areas like Asanas, Pranayama & Meditation. Three specific sets of programs have been designed with focus on the following categories namely:

- Category A:** For a healthy population in order to help them build overall immunity and lung capacity (People who, so far, have not contracted COVID-19).
- Category B:** Supportive intervention of effective breathing exercises and stretches (People who are COVID positive)
- Category C:** Supporting rehabilitation and fast recovery (People who have recovered from COVID-19)

It is strongly felt that the faculty at colleges affiliated to RTU Kota should be exposed to such guided workshop as it will be beneficial in helping one achieve a relaxed state of mind that enables healing and regeneration.

It is therefore enjoined that affiliated institutes should conduct such workshops for the teaching fraternity of institute.

Kindly revert on mail by communicating the name & designation of Institute Faculty Coordinator for conduction of workshop within 4 working days positively.

With regards,

Encl:
AICTE mail

(Prof. A. K Dwivedi)
Coordinator
Faculty Development Program

P-2 Archana ji
For AOL WLS
18/6/21



OFFICE OF THE DEAN STUDENT WELFARE
RAJASTHAN TECHNICAL UNIVERSITY
Rawatbhata Road, Akelgarh, Kota-324010
☎: 0744-2473021 Fax: 2473002 email: dean.studentwelfare@rtu.ac.in

Art of Living
WLS

No. RTU/DEAN(SW)/F(32)/2021/1044

Date: 15.6.2021
16.06.21

The Principal/Director
All Affiliated Institutes
RTU Kota

RTU/AICTE
Report Format

Ref.: Online Guided Free Covid care Workshops by Art of Living
Sub.: Report preparation and submission for the workshop

Dear Sir/Madam,

This has reference to the online covid care workshop conducted at your institute by Art of Living to boost immunity and support mental and physical health in teaching fraternity and students at this crucial time of covid pandemic.

All Host Coordinators please note that they will be required to submit the report with following details to the university:

1. Brochure of Covid Care Workshop
2. Schedule of Workshop
3. Spread sheet of Registration Google form.
4. Print out of the Excel sheet in response of the Google Form
5. Attendance as recorded by WebEx, google meet, zoom
6. Summary of attendance of various sessions
7. Certificate to be provided to students (sample only)
8. Feedback form
9. Record/ summary of feedback
10. Closure report (one page summary about the workshop)
11. Photographs of sessions

It is requested that the report in soft format may be submitted to university within a week of the conduction of the workshop.

With regards,

(Prof. A. K Dwivedi)
Dean Student Welfare



Swami Keshvanand Institute of Technology, Management & Gramothan

Approved by AICTE, Ministry of HRD, Government of India
Recognized by UGC under Section 2 (f) of the UGC Act, 1956
Affiliated to Rajasthan Technical University, Kota

SKIT/2021/612

Date: 19-06-2021

Prof. A. K. Dwivedi
Coordinator, Faculty Development Program
Rajasthan Technical University,
Rawatbhata Road,
Akalgah, Kota-324010

Subject: Nomination as 'Institute Faculty Coordinator' for online guided free
Covid Care Workshops by Art of Living
Ref.No. Your letter number RTU/Co-FDP/2021/1043 of dated 16-06-2021

Dear Sir,

With reference to the letter number RTU/Co-FDP/2021/1043 of dated 16-06-2021, the following faculty member is nominated as 'Institute Faculty Coordinator' for online guided free Covid care workshops by Art of Living for faculty members of our Institute:

S. No.	Name of Coordinator	Designation and Department	Mobile Number	Email Id
1	Dr. Archana Saxena	Professor Dept of Chemistry	94144 60650	archanasaxena@skit.ac.in

Submitted for your kind perusal.

Yours Faithfully,

(Dr. Ramesh Kumar Pachar)
Principal **PRINCIPAL**
Swami Keshvanand Institute of
Technology, Management & Gramothan
Ramnagar (Jagatpura), JAIPUR-302017

RAMNAGARIA (JAGATPURA), JAIPUR - 302017 (RAJASTHAN), INDIA
☎: +91-141-5160400, 2752165, 2752167, 2759609, 3500300 | 📠: 0141-2759555
✉: info@skit.ac.in | 🌐: www.skit.ac.in

ADVISORY AND ORGANIZING COMMITTEE

CHIEF PATRON

Prof. (Dr.) R.A. Gupta

Honorable Vice Chancellor, RTU, Kota

PATRONS

Mr. Raja Ram Meel, Patron SKIT Jaipur

Mr. Surja Ram Meel, Chairman SKIT Jaipur

ADVISORY COMMITTEE

Mr. Jaipal Meel, Director, SKIT Jaipur

Prof. S.L. Surana, Dir (Acad.), SKIT Jaipur

Ms. Rachna Meel, Registrar, SKIT Jaipur

Prof. R.K. Pachar, Principal, SKIT Jaipur

Prof. Amber Srivastava, Head TP Cell & Maths Deptt.

Dr. Sharda Soni, Asso. Professor & HOD, Chemistry

Dr. Neha Purohit, Asso. Professor & HOD, English

Dr. Braj Raj Sharma, Asso. Professor & HOD, Physics

ART OF LIVING STATE COORDINATOR

Mr. Paras Kohli

ART OF LIVING COORDINATOR

Mr. Rishi Sood

ART OF LIVING FACULTY

Mr. Abhay Sharma

EVENT COORDINATORS

Prof. Archana Saxena, Department of Chemistry

Dr. Swati Joshi, Department of Chemistry

CONTACT

9414460650, archanasaxena@skit.ac.in

Education is this civilization's greatest leveler. It has the power to empower the weakest of the weak, bring peace to the world and alleviate poverty. It is often seen as the only lit path in the pursuit of happiness. --- Sri Sri Ravishankar



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POSTER OF THE PROGRAMME



COVID CARE WORKSHOP

for STUDENTS, FACULTY and STAFF MEMBERS
DATE: 19-21 JULY 2021



Prof. (Dr.) R.A. Gupta
Hon'able Vice Chancellor
RTU, Kota



Prof. A.K. Dwivedi
Dean Student Welfare
RTU, Kota



Shri Surja Ram Meel
Chairman
SKIT, Jaipur



Shri Jaipal Meel
Director
SKIT, Jaipur



Prof. (Dr.) S.L. Surana
Director Academics
SKIT, Jaipur



Prof. (Dr.) Ramesh Kumar Pachar
Principal
SKIT, Jaipur



Ms. Rachna Meel
Registrar
SKIT, Jaipur



Shri Paras Kohli
Art of Living
State Coordinator



Shri. Rishi Sood
Art of Living Faculty



Mr. Abhay Sharma
Art of Living Faculty



Dr. Swati Joshi
Department of Chemistry
EVENT COORDINATOR



Prof. Archana Saxena
Department of Chemistry
EVENT COORDINATOR

EMINENT Yog Faculty Members

Mr. Paras Kohli, Rajasthan State Coordinator

Mr. Abhay Sharma, Art of Living Faculty

ABOUT RTU

Rajasthan Technical University (RTU) is located in Kota in the state of Rajasthan. It was established in 2006 by the Government of Rajasthan to enhance the technical education in the state. The university has been established in the campus of **University College of Engineering, Kota** (previously known as Engineering College, Kota), which is located on the Rawatbhata Road, about 14 kms from Kota Railway Station and 10 kms from Kota Bus Stand.

The university currently affiliates about 68 Engineering Colleges, 03 B.Arch, 16 MCA Colleges, 39 MBA Colleges, 31 M.Tech Colleges, 01 M.Arch and 01 Hotel Management and Catering Institute. More than 1.5 lacs students study in the various institutes affiliated to the University. The University aims to provide quality technical education which may help Rajasthan in it's technical development and will boost technical environment in the country.

The University offers almost all the disciplines related to technical education including Bachelor of Technology, Master of Technology, Master of Business Administration, Master of Computer Applications, and Bachelor of Hotel Management and Catering Technology. The Honb'le Governor of Rajasthan His Excellency Shri Kalraj Mishra is the Chancellor, and Prof. R. A. Gupta is the Vice-Chancellor of the University. Thousands of students graduate from the University every year and many attain post graduation. The University is making steady progress in developing and providing best technical environment for education and will continue to serve the nation in coming years.

ABOUT SKIT

Swami Keshvanand Institute of Technology, Management & Gramothan (SKIT) inspired from the teachings of Swami Keshvanand Ji, 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 Ph, D, Postgraduate and Graduate Courses in Engineering and Management. 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. Green landscaping, aesthetic elegance of arches and the vibrant pursuit of knowledge by the young aspirants make the environment serene, pleasant and dynamic.

ABOUT THE PROGRAMME

Covid Care Workshop (CCW) is exclusively designed for the students, faculty and staff members of SKIT Jaipur.

It's online fun-filled interactive training which happens for 3 days (1 hour each day) by the certified trainers of The Art of Living.

This programme is being organized by SKIT Jaipur with Art of Living. Following are some of the benefits of this programme.

Key Features

- Better Immunity by increasing the capacity of lungs
- Breathing techniques to relax mind which results into the better confidence and concentration
- Increasing the glow of skin through simple techniques

THEME OF THE PROGRAMME

Yoga plays significant role in the psycho-social care and rehabilitation of COVID-19 patients in quarantine, isolation and after covid. They are particularly useful in allaying their fears and anxiety

In the I and II wave of covid, society has lost many of their family members, friends and relatives. We have seen importance of immunity, oxygen, yoga and healthy diet. This programme is aimed to build an awareness about covid care specially with yoga. All the 3 days AOL faculty members demonstrated different breathing exercises. All the participants were suggested to keep their videos on.

The Art of Living course is a rich and beautifully structured knowledge and experience based programme which helps one to lead a more stress-free life. All the processes are directed towards increasing our 'awareness' and improving physical and mental health. At the core of the course is the unique Sudarshan Kriya or the Healing Breath technique. Daily practice of Sudarshan Kriya promotes increased energy, more vibrant health and positivity, improved stability and confidence, and helps eliminate habitual patterns of anger, anxiety and depression. It provides very practical skills in handling our mind and negative emotions. There is an amazing connection between our breath and our state of mind!

The direct benefit of this knowledge and experience is appreciation of life in its fullness - not in some near or far future, but right here and now - in the present moment.

PROGRAMME SCHEDULE

COVID CARE WORKSHOP

For students, faculty & staff members

19-21 July , 2021

Day 1: July 19, 2021

Inauguration: Honorable Guest – Prof. A.K. Dwivedi, Dean Student Welfare, RTU Kota

Session by Mr. Paras Kohli – Introduction of the programme, Yoga and Covid care, Practice of some Pranayam.

Improving efficiency and productivity through sustainable high energy levels (tendencies of mind and energy and its correlation with cure of Positivity, Hope of Life and Covid).

Session by Mr. Abhay Sharma, Practice of Pranayam. Conclusion.

Day 2: July 20 , 2021

Session by Mr. Abhay Sharma

Importance of health in one's ability to study and concentration

Practice of Different breathing and other exercises.

Day 3: July 21, 2021

Session by Mr. Abhay Sharma

Better Immunity by increasing the capacity of lungs. Breathing techniques to relax mind which results into the better confidence and concentration.

Increasing the glow of skin through simple techniques.

Practice of Pranayam

Valedictory

Vote of thanks

ANNOUNCEMENT OF THE PROGRAMME

**SKIT-RTU-AOL
COVID CARE WORKSHOP
19-21 July 2021, (Online)**

***3 days, COVID CARE WORKSHOP is going to be organised
on 19-21 July at 8-9 AM.***

***All the students, faculty and staff members are invited to
attend the program.***

Key Features

**Better Immunity by increasing the capacity of lungs
Breathing techniques to relax mind which results into the better confidence and
concentration
Increasing the glow of skin through simple techniques**

Register for the program
<https://bit.ly/3elDf6S>
DATE: 19, 20, 21 July, 2021; TIME: 8-9 AM daily

Art of living faculty

Mr. Paras Kohli
Mr. Abhay Sharma

Event Coordinators

Prof. Archana Saxena & Dr. Swati Joshi
Chemistry Department, SKIT

BROCHURE

<div data-bbox="413 533 483 607" data-label="Image"> </div> <p align="center"> COVID CARE WORKSHOP <i>For students, faculty & staff members</i> 19-21 July 2021 Organized by Universal Human Values Cell, SKIT Jaipur </p> <p align="center"> Universal Human Values Cell Swami Keshvanand Institute of Technology, Management & Gramothan, Jagatpura, Jaipur </p> <p align="center"> <i>SKIT has been ranked number 1 consecutively for the</i> <i>fourth year in a row in Engineering program in</i> <i>Rajasthan by Rajasthan Technical University, Kota</i> <i>for the session 2020 - 2021</i> </p> <div data-bbox="367 922 571 1034" data-label="Image"> </div> <p align="center">On-line mode : ZOOM</p> <p align="center">NO REGISTRATION FEES</p> <p align="center"> <i>Education is this civilization's greatest leveler. It</i> <i>has the power to empower the weakest of the</i> <i>weak, bring peace to the world and alleviate</i> <i>poverty. It is often seen as the only lit path in the</i> <i>pursuit of happiness." - Sri Sri Ravi Shankar</i> </p>	<p><u>ABOUT THE PROGRAMME</u></p> <p>Covid Care Workshop (CCW) is exclusively designed for the students, faculty and staff members of SKIT Jaipur.</p> <p>It's online fun-filled interactive training which happens for 3 days (1 hour each day) by the certified trainers of The Art of Living.</p> <p>This programme is being organized by SKIT Jaipur with Art of Living. Following are some of the benefits of this programme.</p> <p>Key Features</p> <ul style="list-style-type: none"> ➤ Better Immunity by increasing the capacity of lungs ➤ Breathing techniques to relax mind which results into the better confidence and concentration ➤ Increasing the glow of skin through simple techniques <p><u>EMINENT SPEAKERS</u></p> <p>Mr. Rishi Sood Art of Living Faculty & Coordinator SELP</p> <p>Mr. Paras Kohli Art of Living State Coordinator</p> <p>Mr. Abhay Sharma Art of Living Faculty</p> <p align="center"><u>REGISTER AT</u></p> <p align="center">https://bit.ly/3eDf6S</p> <p align="center">DATE: 19,20,21 July, TIME: 8-9 AM daily</p>	<p><u>CHIEF PATRON</u></p> <p>Prof. (Dr.) R.A. Gupta Honorable Vice Chancellor, RTU, Kota</p> <p><u>PATRONS</u></p> <p>Mr. Raja Ram Meel, Patron SKIT Jaipur Mr. Surja Ram Meel, Chairman SKIT Jaipur</p> <p><u>ADVISORY COMMITTEE</u></p> <p>Mr. Jaipal Meel, Director, SKIT Jaipur Prof. S.L. Surana, Dir (Acad.), SKIT Jaipur Ms. Rachna Meel, Registrar, SKIT Jaipur Prof. R.K. Pachar, Principal, SKIT Jaipur Prof. Amber Srivastava, Head TP Cell & Maths Deptt. Dr. Sharda Soni, Associate Professor & HOD, Chemistry Dr. Neha Purohit, Associate Professor & HOD, English Dr. Braj Raj Sharma, Associate Professor & HOD, Physics</p> <p><u>EVENT COORDINATOR</u></p> <p>Prof. Archana Saxena, Department of Chemistry Dr. Swati Joshi Department of Chemistry</p> <p><u>ORGANIZING SECRETARY</u></p> <p>Ms Seema Sharma, Department of B.Tech. I Year</p> <div data-bbox="997 985 1300 1227" data-label="Image"> </div>
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<p><u>ABOUT RTU</u></p> <p>Rajasthan Technical University (RTU) is located in Kota in the state of Rajasthan. It was established in 2006 by the Government of Rajasthan to enhance the technical education in the state. The university currently affiliates about 129 Engineering Colleges, 04 B.Arch, 41 MCA Colleges, 95 MBA Colleges, 44 M.Tech Colleges and 03 Hotel Management and Catering Institute. More than 2.5 lacs students study in the various institutes affiliated to the University.</p> <p><u>ABOUT TEQIP</u></p> <p>The Technical Education Quality Improvement Programme aims to upscale and support ongoing efforts of GOI to improve quality of technical education and enhance existing capacities of the institutions. The Project, TEQIP-III is fully integrated with the Twelfth Five-year Plan objectives for Technical Education as a key component for improving the quality of Engineering Education in existing institutions.</p> <p><u>ABOUT SKIT</u></p> <p>Swami Keshvanand Institute of Technology, Management & Gramothan (SKIT) inspired from the teachings of Swami Keshvanand Ji, 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 Ph. D. Postgraduate and Graduate Courses in Engineering and Management. 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. Green landscaping, aesthetic elegance of arches and the vibrant pursuit of knowledge by the young aspirants make the environment serene, pleasant and dynamic.</p>	<p><u>THEME</u></p> <p>"The Art of Living is more of a principle, a philosophy of living life to its fullest. It is more a movement than an organization. Its core value is to find peace within oneself and to unite people in our society – of different cultures, traditions, religions, nationalities; and thus reminding us all that we have one goal to uplift human life everywhere."</p> <p>- Sri Sri Ravi Shankar</p> <p>The Art of Living course is a rich and beautifully structured knowledge and experience programme which helps one to lead a more stress-free life. All the processes are directed towards increasing our 'awareness' and improving physical and mental health. At the core of the course is the unique Sudarshan Kriya® or the Healing Breath technique. Daily practice of Sudarshan Kriya® promotes increased energy, more vibrant health and positivity, improved stability and confidence, and helps eliminate habitual patterns of anger, anxiety and depression. It provides very practical skills in handling our mind and negative emotions. There is an amazing connection between our breath and our state of mind!</p> <p>The direct benefit of this knowledge and experience is appreciation of life in its fullness - not in some near or far future, but right here and now - in the present moment.</p>  <p>The poster for the COVID CARE WORKSHOP is titled '3 DAYS COVID CARE WORKSHOP'. It features a central illustration of a person in a meditative pose. The dates are listed as 19, 20, and 21 July. The time is specified as 8-9 AM DAILY. Logos for RTU, TEQIP, and SKIT are at the top, along with the text 'Swami Keshvanand Institute of Technology, Management & Gramothan, Jaipur'.</p>	<p><u>PROGRAMME SCHEDULE</u> 19-21 July , 2021</p> <p>Day 1: July 19, 2021 Inauguration: Honorable Guest – Prof. A.K. Dwivedi, Dean Student Welfare, RTU Kota Session by Mr. Paras Kohli – Introduction of the programme, Yoga and Covid care, Practice of some Pranayam. Improving efficiency and productivity through sustainable high energy levels (tendencies of mind and energy and its correlation with cure of Positivity, Hope of Life and Covid). Session by Mr. Abhay Sharma, Practice of Pranayam. Conclusion.</p> <p>Day 2: July 20 , 2021 Session by Mr. Abhay Sharma Importance of health in one's ability to study and concentration Practice of Different breathing and other exercises.</p> <p>Day 3: July 21, 2021 Session by Mr. Abhay Sharma Better Immunity by increasing the capacity of lungs. Breathing techniques to relax mind which results into the better confidence and concentration. Increasing the glow of skin through simple techniques. Practice of Pranayam Valedictory E-Certificate will be given to all the registered participants after the successful completion of Workshop with 90% attendance, submission of assignments and feedback form.</p> <p><u>CONTACT</u> 9414460650, archanasaxena@skit.ac.in</p>
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INVITATION TO CHIEF GUEST



**Swami Keshvanand Institute of Technology, Management &
Gramothan, Jagatpura, Jaipur**

COVID CARE WORKSHOP
For students, faculty & staff members
19-21 July, 2021

Invitation

Date: 17/07/2021

To

Honorable Vice Chancellor
Rajasthan Technical University, Kota

Dear Sir,

Namaskar

"Education is this civilization's greatest leveler. It has the power to empower the weakest of the weak, bring peace to the world and alleviate poverty. It is often seen as the only lit path in the pursuit of happiness." - Sri Sri Ravi Shankar

We are pleased to inform you Universal Human Values Cell, Swami Keshvanand Institute of Technology, Management & Gramothan, Jaipur is going to organize an online **COVID CARE WORKSHOP for students, faculty & staff members of our institute during 19-21 July, 2021**

Key Features of the Programme

- Better Immunity by increasing the capacity of lungs
- Breathing techniques to relax mind which results into the better confidence and concentration
- Increasing the glow of skin through simple techniques

We shall be extremely privileged if you please accept our invitation to grace the occasion of Inauguration as **Chief Guest on 19th July 2021 at 8:00am**. Your benign presence will motivate the participants and organizers to meet the outcomes of this event.

Prof. Archana Saxena
Chemistry Department, SKIT Jaipur
Coordinator of the workshop
9414460650, archanasaxena@skit.ac.in

Prof. Ramesh Kumar Pachar
Principal
SKIT Jaipur

INVITATION TO HONOURED GUEST



**Swami Keshvanand Institute of Technology, Management &
Gramothan, Jagatpura, Jaipur**

COVID CARE WORKSHOP
For students, faculty & staff members
19-21 July, 2021

Invitation

Date: 17/07/2021

To

Prof. A.K. Dwivedi
Dean Student Welfare
RTU Kota

Dear Sir,

Namaskar

"Education is this civilization's greatest leveler. It has the power to empower the weakest of the weak, bring peace to the world and alleviate poverty. It is often seen as the only lit path in the pursuit of happiness." - Sri Sri Ravi Shankar

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- Better Immunity by increasing the capacity of lungs
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- Increasing the glow of skin through simple techniques

We shall be extremely privileged if you please accept our invitation to grace the occasion of Inauguration as **Honored Guest on 19th July 2021 at 8:00am**. Your benign presence will motivate the participants and organizers to meet the outcomes of this event.

Prof. Archana Saxena
Chemistry Department, SKIT Jaipur
Coordinator of the workshop
9414460650, archanasaxena@skit.ac.in

Prof. Ramesh Kumar Pachar
Principal
SKIT Jaipur

INAUGURATION: MINUTE TO MINUTE PROGRAMME



COVID CARE WORKSHOP

For students, faculty & staff members

19-21 July 2021

INAUGURATION

On-line mode, ZOOM at 8:00 AM

PROGRAMME SCHEDULE

S. NO.	ITINERARY	TIME
1.	About the programme By Prof. (Dr.) Archana Saxena, Professor Department of Chemistry, SKIT Jaipur and Event Coordinator	3 Min
2.	Welcome Address by Prof. (Dr.) Ramesh Kumar Pachar, Principal, SKIT Jaipur	5 Min
3.	Importance of Yog and Pranayam by Mr. Paras Kohli, State Coordinator, AOL	5 Min
4.	About CCW By Mr. Abhay Sharma, Art of Living faculty Coordinator	5 Min
5.	Address by Prof. A.K. Dwivedi, Dean Student Welfare, Rajasthan Technical University, Kota	5 Min
6.	Vote of Thanks by Dr. Swati Joshi, Deptt. of Chemistry, SKIT Jaipur and Event Coordinator	2 Min

VALEDICTORY PROGRAMME: MINUTE TO MINUTE

PROGRAMME



COVID CARE WORKSHOP

For students, faculty & staff members

19-21 July 2021

VALEDICTORY PROGRAMME

On-line mode, ZOOM at 9:00 AM

PROGRAMME SCHEDULE

S. NO.	ITINERARY	TIME
1.	Welcome Note by Dr. Swati Joshi, Deptt. of Chemistry, SKIT Jaipur and Event Coordinator	5 Min
2.	Report of 3 days Workshop By Prof. (Dr.) Archana Saxena, Department of Chemistry, SKIT Jaipur and Event Coordinator	5 Min
3.	Feedback by Prof. (Dr.) Ramesh Kumar Pachar, Principal, SKIT Jaipur	5 Min
4.	Feedback by Students	5 Min
5.	Feedback by Faculty & staff Members	5 Min
6.	Address by Mr. Paras Kohli, AOL Faculty and State Coordinator	5Min
7.	Address by Mr. Abhay Sharma, AOL Faculty	5 Min
8.	Vote of thanks by Prof. (Dr.) Rohit Mukherjee, Incharge B.Tech. I Year, SKIT Jaipur	5 Min

EVENT REPORT

"The Art of Living is more of a principle, a philosophy of living life to its fullest. It is more a movement than an organization. Its core value is to find peace within oneself and to unite people in our society – of different cultures, traditions, religions, nationalities; and thus reminding us all that we have one goal to uplift human life everywhere."

- Sri Sri Ravi Shankar

The yogic technique of breathing called pranayama can be extremely beneficial in protecting you from corona virus. When the level of oxygen is high in your body then it aids in healing your system faster. When you start practicing breathing exercises regularly then it allows your body to increase its capacity for the amount of oxygen it absorbs. Due to this increased intake of oxygen, healing is sped up and accelerated. This course is a rich and beautifully structured knowledge and experience programme which helps one to lead a more stress-free life. All the processes are directed towards increasing our 'awareness' and improving physical and mental health.

Inauguration

On 19/07/2021 the workshop began with the inauguration. Dr. Swati Joshi anchored the programme and welcomed all the eminent guests, expert speakers and participants of the event.

In his welcome address Prof. R.K. Pachar, Principal SKIT Jaipur welcomed all the dignitaries and participants and emphasized the importance and relevance of this covid care programme and expected the positive and fruitful outcomes of the event.

Prof. Archana Saxena Coordinator of this event addressed about objectives and schedule of this workshop.

Chief guest Prof. A.K. Dwivedi, Professor, RTU, Kota congratulated the organizers and team for organizing this event on such a most relevant subject.

Mr. Paras Kohli and Mr. Abhay Sharma also threw light on the objectives of the workshop.

The programme ended with the vote of thanks by Dr. Swati Joshi, event coordinator.

Sessions Of Three Days

Day 1 (19 July, 2021):

- Session by Mr. Paras Kohli – Introduction of the programme, Yoga and Covid care, Practice of some Pranayam.
- Session by Mr. Abhay Sharma, Practice of Pranayam.

Day 2 (20 July, 2021):

- Session by Mr. Abhay Sharma- Importance of health in one's ability to study and concentration
- Practice of Different breathing and other exercises.

Day 3 (21 July, 2021):

- Session by Mr. Abhay Sharma- Breathing techniques to relax mind which results into the better confidence and concentration Better Immunity by increasing the capacity of lungs.. Increasing the glow of skin through simple techniques.
- Session by Mr. Paras Kohli- Practice of Pranayam

Valedictory Programme (21 July, 2021):

- Feedback from Faculty members, students, participants was taken by verbal communication
- Prof. Archana Saxena presented the report of all three days
- Prof. R. K. Pachar, Principal, SKIT also shared his words of appraisal on the event

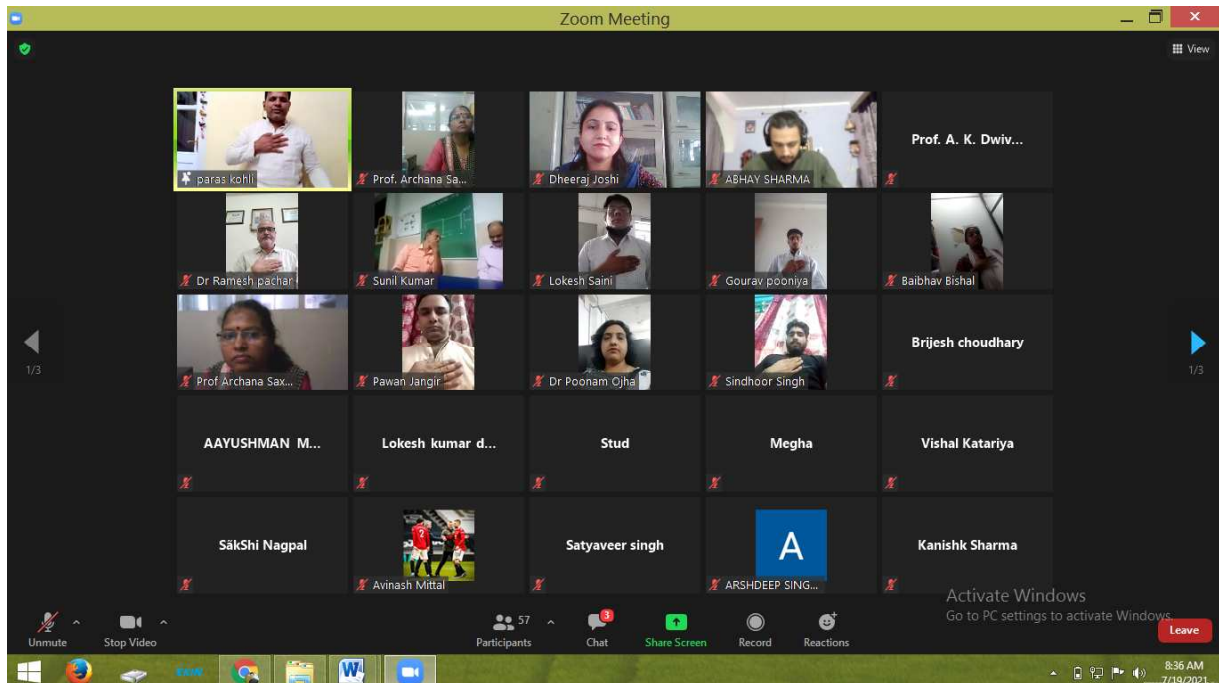
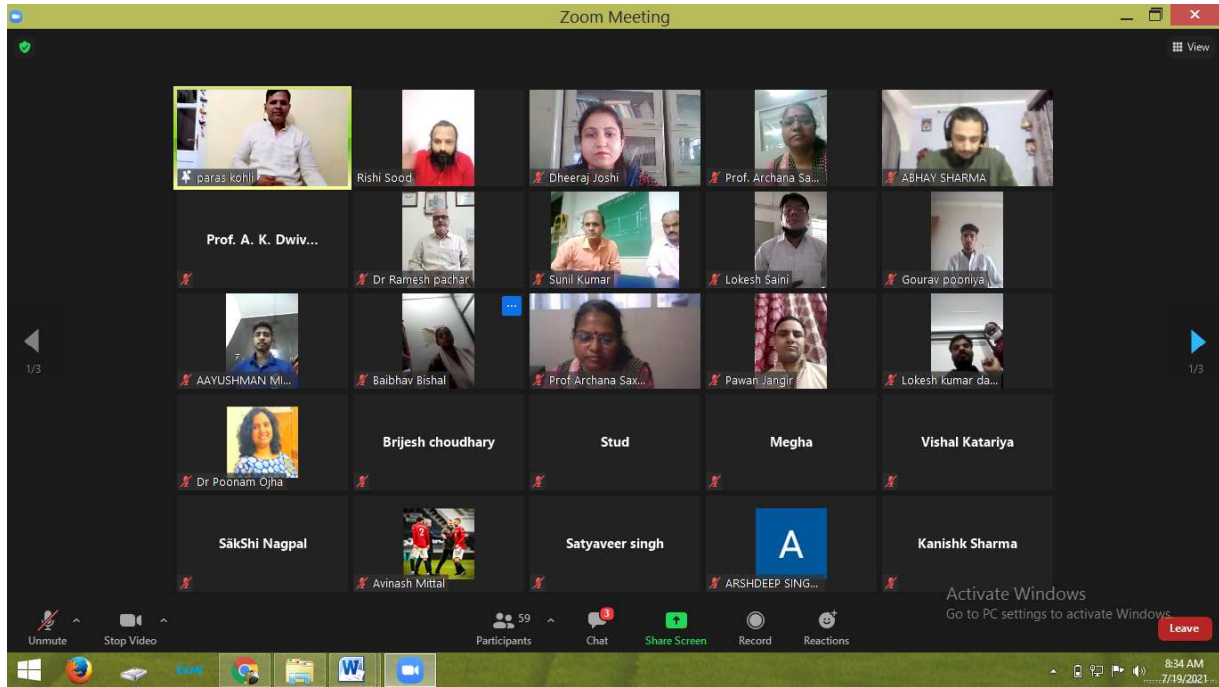
- The faculty from Art of Living summed up with their motivational words.
- Dr. Swati Joshi proposed vote of thanks to all the guests and participants.

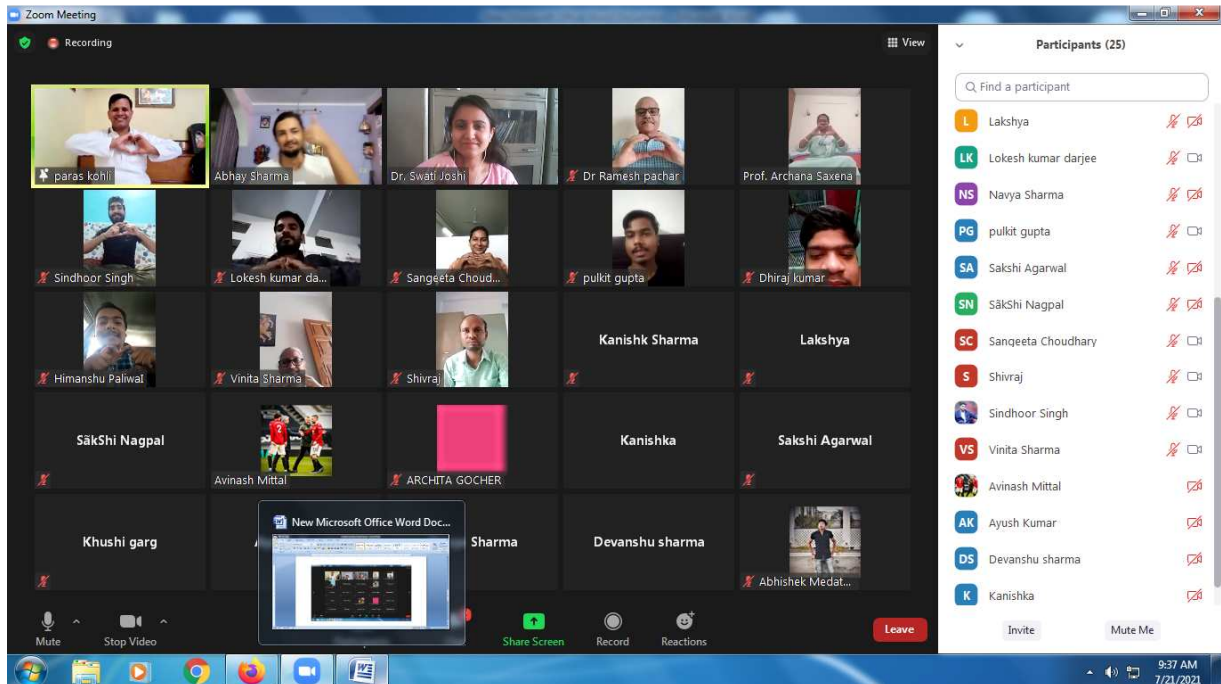
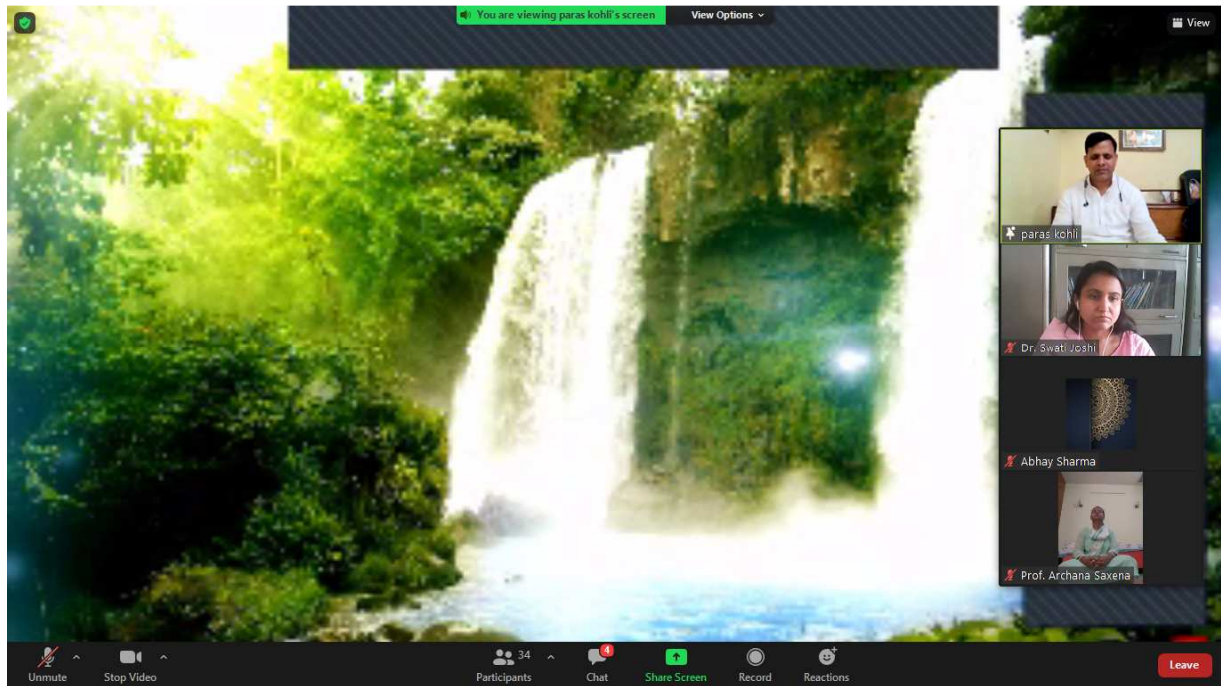


CERTIFICATE

		
<p>COVID CARE WORKSHOP <i>For students, faculty & staff members</i> 19-21 July, 2021 Organised By Swami Keshvanand Institute of Technology, Management & Gramothan, Jaipur Universal Human Values & Ethics Committee</p>		
<p>Certificate of Participation</p>		
<p>Ref. No. RTU/ CO-FDP/2021/ 1043</p>		
<p>This is to certify that Mr./Ms./Dr.----- of SKIT Jaipur has attended COVID CARE WORKSHOP held from 19/07/2021 to 21/07/2021, organised by Universal Human Values & Ethics Committee, SKIT Jaipur and Art of Living. We appreciate his/ her enthusiastic participation.</p>		
 Dr. Swati Joshi Department of Chemistry, SKIT Jaipur Workshop Coordinator	 Prof. (Dr.) Archana Saxena Department of Chemistry, SKIT Jaipur Workshop Coordinator	 Prof. (Dr.) Ramesh Kumar Pachar Principal SKIT Jaipur

GLIMPSES





NEWS



स्टूडेंट्स से साझा किए योग के महत्व

कार्यालय संवाददाता

जयपुर। स्वामी केशवानंद इंस्टीट्यूट ऑफ़ टेक्नोलॉजी में कोविड केयर वर्कशॉप का आयोजन किया गया। इस वर्कशॉप में बतौर मुख्य अतिथि आरटीयू कोटा के डीन स्टूडेंट वेलफेयर डीन प्रो एके द्विवेदी थे। इस दौरान योग से फेफड़ों को स्वस्थ रखने के बारे में बताया गया तथा इसे नियमित दिनचर्या में शामिल करने की बात एक्सपर्ट ने कही। इस दौरान पोस्ट

कोविड प्रभावों के बारे में भी जानकारी दी गई। कार्यक्रम के दौरान एसकेआईटी के प्रिंसिपल प्रो रमेश कुमार पचार ने संबोधित करते हुए कहा कि स्वस्थ तन में स्वस्थ मन का निवास होता है, ऐसे में योगा नियमित रूप से करना चाहिए। वर्कशॉप का संयोजन डॉ अर्चना सक्सेना व स्वाति जोषी ने किया। वर्कशॉप में आर्ट ऑफ लिविंग से स्टेट कॉर्डिनेटर पारस कोहली, ऋषि सूद एवं अभय शर्मा ने भाग लिया।

साझा किए योग के महत्व

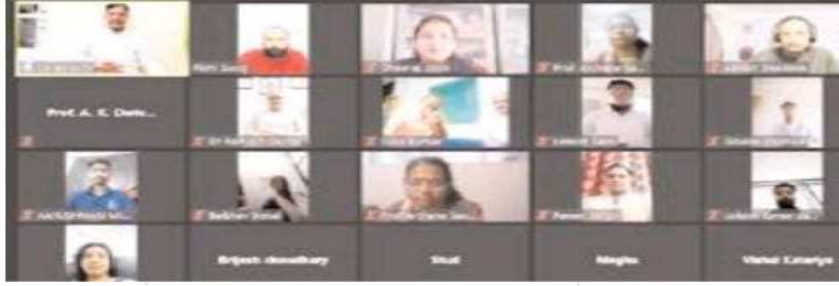
डेली न्यूज, mix रिपोर्टर, जयपुर। स्वामी केशवानंद इंस्टीट्यूट ऑफ टेक्नोलॉजी में कोविड केयर वर्कशॉप का आयोजन किया गया। इस वर्कशॉप में बतौर मुख्य अतिथि आरटीयू कोटा के डीन स्टूडेंट वेलफेयर डीन प्रो. एके द्विवेदी थे। इस दौरान योग से फेफड़ों को स्वस्थ रखने के बारे में बताया गया तथा इसे नियमित दिनचर्या में शामिल करने की बात एक्सपर्ट ने कही। कार्यक्रम के दौरान एसकेआईटी के प्रिंसीपल प्रो. रमेश कुमार पचार ने संबोधित करते हुए कहा कि स्वस्थ तन में स्वस्थ मन का निवास होता है, ऐसे में योग नियमित रूप से करना चाहिए। वर्कशॉप का संयोजन डॉ. अर्चना सक्सेना और स्वाति जोशी ने किया।

स्टूडेंट्स से साझा किए योग के महत्व



राजस्थान विकास दर्पण

जयपुर। स्वामी केशवानंद इंस्टीट्यूट ऑफ टेक्नोलॉजी में कोविड केयर वर्कशॉप का आयोजन किया गया। इस वर्कशॉप में बतौर मुख्य अतिथि आरटीयू कोटा के डीन स्टूडेंट वेलफेयर डीन प्रो. एके द्विवेदी थे। इस दौरान योग से फेफड़ों को स्वस्थ रखने के बारे में बताया गया तथा इसे नियमित दिनचर्या में शामिल करने की बात एक्सपर्ट ने कही। इस दौरान पोस्ट कोविड प्रभावों के बारे में भी जानकारी दी गई। कार्यक्रम के दौरान एसकेआईटी के प्रिंसीपल प्रो. रमेश कुमार पचार ने संबोधित करते हुए कहा कि स्वस्थ तन में स्वस्थ मन का निवास होता है, ऐसे में योगा नियमित रूप से करना चाहिए। वर्कशॉप का संयोजन डॉ. अर्चना सक्सेना व स्वाति जोशी ने किया। वर्कशॉप में आर्ट ऑफ लिविंग से स्टेट कॉर्डिनेटर पारस कोहली, ऋषि सुंद एवं अभय शर्मा ने भाग लिया।



एसकेआईटी में तीन दिवसीय कोविड केयर वर्कशॉप का समापन

जयपुर (कासं.)। स्वामी केशवानंद इंस्टीट्यूट ऑफ टेक्नोलॉजी मैनेजमेंट एंड ग्रामोत्थान (एस.के.आई.टी) रामनगरिया, जगतपुरा, जयपुर तीन दिवसीय कोविड केयर वर्कशॉप का समापन हुआ। वर्कशॉप के मुख्य अतिथि आरटीयू कोटा के डीन स्टूडेंट वेलफेयर प्रो. ए. के दिवेदी थे। वर्कशॉप के दौरान बताया गया कि योग द्वारा किस तरह से हम अपने फेफड़ों को स्वस्थ रख सकते हैं। पोस्ट कोविड प्रभावों को कम करने के तरीकों को भी सब के साथ साझा किया। वर्कशॉप में स्वस्थ तन में स्वस्थ मन की धारणा का समझाया। इस दौरान एसकेआईटी के प्रिंसिपल डॉ रमेश पचार ने बताया कि इस तरह की वर्कशॉप सभी लोगों के लिए लाभदायक है। संयोजन डॉ अर्चना सक्सेना व डॉ स्वाति जोशी ने किया। वर्कशॉप में आर्ट ऑफ लिविंग से स्टेट कोऑर्डिनेटर पारस कोहली, ऋषि सूद व अभय शर्मा ने भाग लिया।



कोविड केयर वर्कशॉप का समापन



पत्रिका PLUS रिपोर्टर

जयपुर ♦ स्वामी केशवानंद इंस्टीट्यूट ऑफ टेक्नोलॉजी मैनेजमेंट एंड ग्रामोत्थान (एसकेआईटी) में आयोजित तीन दिवसीय कोविड केयर वर्कशॉप का समापन गुरुवार को हुआ।

इस वर्कशॉप के मुख्य अतिथि आरटीयू कोटा के डीन स्टूडेंट वेलफेयर प्रो. एके द्विवेदी थे। वर्कशॉप के दौरान बताया गया कि योग के जरिए किस तरह से हम अपने फेफड़ों को स्वस्थ रख

सकते हैं। पोस्ट कोविड प्रभावों को कम करने के तरीके को भी साझा किया गया। इस वर्कशॉप में स्वस्थ तन में स्वस्थ मन की धारणा का समझाया गया। एसकेआईटी के प्रिंसिपल रमेश पचार ने कहा कि इस तरह की वर्कशॉप सभी लोगों के लिए लाभदायक है। इस वर्कशॉप का संयोजन डॉ अर्चना सक्सेना व डॉ. स्वाति जोशी ने किया। इस वर्कशॉप में आर्ट ऑफ लिविंग से स्टेट कोऑर्डिनेटर पारस कोहली, ऋषि सूद व श्री अभय शर्मा ने भाग लिया।

FEEDBACK

Feed back was taken from participats, students and faculty members about the workshop on the spot verbally at Valedictory function

S. No.	Pointer	Rating (1-5 scale, 5 is best)
1.	How was the workshop	4.5
2.	Communication about the workshop	4.5
3.	How was the comfort level in joining the session?	4
4.	How was the delivery of content	4.7
5.	How were the speakers?	4.8
6.	Practice in the sessions	4.7
7.	Workshop could meet its objectives	Yes
8.	Would you like to join such sessions in future also	Yes

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