



**RTU (ATU) TEQIP-III SPONSORED**

**Students Excellence and Learning Program (SELP)**

**February 22 – 27, 2021**

**Organized by**

**Rajasthan Technical University, Kota**

**&**

**Universal Human Values Cell**

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

**Comprehensive Report**



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

# Students Excellence and Learning Program (SELP)

February 22 – 27, 2021

## 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](mailto:info@skit.ac.in)

### SKIT JAIPUR (Host Institute) Event Coordinators

Dr. Shikha Agrawal  
Department of English  
SKIT Jaipur

Prof. Rohit Mukherjee  
Incharge B.Tech. I Year  
SKIT Jaipur

Prof. Archana Saxena  
Department of Chemistry  
SKIT Jaipur

## **TABLE OF CONTENTS**

<b>S. No.</b>	<b>Content</b>	<b>Page No</b>
1.	Notification Of The Workshop By RTU Kota	1
2.	Advisory And Organizing Committee	2
3.	Poster of the Programme & Eminent Speakers	3
4.	About RTU, TEQIP, SKIT	4 - 5
5.	About The Programme	6
6.	Theme Of The Programme	7
7.	Schedule of the Programme	8
8.	Announcement Of Programme	9
9.	Brochure	10 - 11
10.	Inauguration Programme	12
11.	Valedictory Programme	13
12.	Event Report	14 - 18
13.	Sample Certificate	19
14.	Glimpses	20 - 23
15.	Event Coordinators	24
16.	News	25 - 26
17.	Assignment &Feedback	27
18.	List Of Attendees	28 - 29
19.	Media Links of AOL	29
20.	Thanks Note	30 - 31
21.	Contact	32

# NOTIFICATION OF THE WORKSHOP BY RTU KOTA



## **RAJASTHAN TECHNICAL UNIVERSITY**

Rawatbhata Road, Akelgarh, Kota-324 010

**TEQIP III-RTU(ATU) OFFICE**

Phone: 0744-2473060 Fax: 2473002 Email: [rtuteqip@rtu.ac.in](mailto:rtuteqip@rtu.ac.in)

No. RTU/TEQIP-III/F(56)/2020-21/ 6888-94

DATE:- 10/02/2021

### OFFICE ORDER

Hon'ble Vice-Chancellor is pleased to approve Student Excellence and Learning Program (SELP) workshop for undergraduate students to be conducted in online mode for affiliated engineering colleges under subhead 1.2.2.1 Improve Student Learning of TEQIP-III RTU (ATU), Action plan as per the mentioned schedule.

S.No.	Name of college
1	Poornima College of Engineering, Jaipur
2	Arya College of Engineering & Information Technology, Jaipur
3	Regional College for Education Research & Technology, Jaipur
4	Jaipur Institute of Technology - Group of Institutions, Jaipur
5	Poornima Group of Institutions - Faculty of Engineering & Faculty of Management, Jaipur
6	Geetanjali Institute of Technical Studies, Udaipur
7	Swami Keshvanand Institute of Technology, Managemet and Gramothan

Prof. R. Shringi is appointed as RTU event coordinator. He will decide the date of the workshop with approval of RTU TEQIP-III Coordinator. The respective institute has to conduct the mentioned program as per the TEQIP-III norms under direction of RTU event coordinator.

Coordinator  
TEQIP III, RTU (ATU)

#### Copy to:-

1. P.S. to Hon'ble Vice Chancellor
2. Registrar
3. Comptroller
4. Prof. R. Shringi, RTU Event Coordinator
5. NO(Dr. Harish Sharma/Dr. S.D. Purohit/Dr. D.K. Sambariya)
6. Principal of concerned Institute through official Email.
7. Guard File

Coordinator  
TEQIP III, RTU (ATU)

### RTU EVENT COORDINATOR

**Prof. Rohitashwa Shringi, Dean Student Welfare**

**Rajasthan Technical University, Kota**

## **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

### **RTU (ATU) TEQIP-III COORDINATOR**

Prof. (Dr.)Dhirendra Mathur, Professor, RTU, Kota

### **RTU (ATU) TEQIP-III COMMITTEE**

Dr. Harish Sharma (Nodal Officer Acad, RTU, Kota)

Dr. S.D. Purohit (Nodal Officer Finance, RTU, Kota)

### **ART OF LIVING STATE COORDINATOR**

Mr. Paras Kohli

### **ART OF LIVING COORDINATOR SELP**

Mr. Rishi Sood

### **RTU EVENT COORDINATOR**

Prof. Rohitashwa Shringi, Dean Student Welfare

Rajasthan Technical University, Kota

[rshringi@rtu.ac.in](mailto:rshringi@rtu.ac.in)

### **SKIT TEQIP-III COORDINATOR**

Prof. Mukesh Gupta (Head of Deptt of CSE)

### **SKIT JAIPUR (HOST INSTITUTE)**

### **EVENT COORDINATORS**

Prof. Rohit Mukherjee, Incharge B.Tech. I Year

Prof. Archana Saxena, Department of Chemistry

Dr. Shikha Agrawal, Department of English

### **ORGANIZING SECRETARY**

Ms Seema Sharma, Department of B.Tech. I Year

### **CONTACT**

9414460650, [archanasaxena@skit.ac.in](mailto: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 Ravi Shankar*

## POSTER OF THE PROGRAMME

**RTU (ATU) TEQIP-III Sponsored**  
**"STUDENT EXCELLENCE & LEARNING PROGRAM (SELP)"**  
**February 22 - 27, 2021**

**Eminent Speakers**

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

Prof. (Dr.) Dharendra Mathur,  
RTU (ATU) TEQIP-III COORDINATOR  
RTU, KOTA

Prof. (Dr.) Rohitashwa Shringi  
Dean Student Welfare RTU, Kota  
(RTU Event Coordinator)

Dr. Harish Sharma  
Asso. Prof. Deptt. of CSE  
TEQIP Nodal Officer Academics

Shri Surja Ram Meel  
Chairman, SKIT Jaipur

Shri Jaipal Meel  
Director Academics, 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

**Event Coordinators (SKIT Jaipur)**

Shri. Paras Kohli  
Art of Living State Coordinator

Shri. Rishi Sood  
Art of Living Faculty &  
Coordinator SELP

Dr. Shikha Agarwal  
Deptt. of English

Prof. (Dr.) Rohit Mukherjee  
Incharge B.Tech I Year

Prof. (Dr.) Archana Saxena  
Deptt. of Chemistry

## EMINENT SPEAKERS

Mr. Deepak Sharma,

Art of Living Faculty and Project 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 its 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 TEQIP**

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, Third phase of Technical Education Quality Improvement Programme (referred to as TEQIP-III) is fully integrated with the Twelveth Five-year Plan objectives for Technical Education as a key component for improving the quality of Engineering Education in existing institutions with a special consideration for Low Income States and Special Category



States (SCS) and support to strengthen few affiliated technical universities to improve their policy, academic and management practices. The Project will focus on the following objectives:

- Improving quality and equity in engineering institutions in focus states viz. 7 Low Income States (LIS ), eight states in the North-East of India, three Hill states viz. Himachal Pradesh, Jammu & Kashmir, Uttarakhand and Andaman and Nicobar Islands (a union territory (UT))
- System-level initiatives to strengthen sector governance and performance which include widening the scope of Affiliating Technical Universities (ATUs) to improve their policy, academic and management practices towards affiliated institutions, and
- Twinning Arrangements to Build Capacity and Improve Performance of institutions and ATUs participating in focus states.

## **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**

Student Excellence & Learning Program (SELP) is exclusively designed for the students

It's 12 hrs online fun-filled interactive training which happens for 6 days (2 hrs each day) by the certified trainers of The Art of Living.

This programme is being organized by RTU Kota and SKIT Jaipur under TEQIP- III for the benefits of the students.

Following are some of the benefits of this programme.

- ➔ Stress free Mind
- ➔ Increased focus and concentration level
- ➔ Increased confidence
- ➔ Overcome fear and stage fright
- ➔ Removes negative emotions
- ➔ Time Management
- ➔ Leadership skills
- ➔ Improved relationship
- ➔ Reduces anger
- ➔ Positive attitude towards life
- ➔ Enhances Creative thinking
- ➔ Tips to crack interviews

## **THEME OF THE PROGRAMME**

"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 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!

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**

**February 22 - 27, 2021**

**10:00am – 12:00noon, Daily**

**Day 1: February 22, 2021**

Improving efficiency and productivity through sustainable high energy levels (tendencies of mind and energy and its correlation with achieving success).

**Day 2: February 23 , 2021**

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

**Day 3: February 24, 2021**

Introduction to yoga and organizing self

**Day 4: February 25, 2021**

Deep breathing relaxation practical de-stressing techniques (inner peace and outer dynamism)

**Day 5: February 26 , 2021**

Introduction to meditation its benefits and practice

**Day 6: February 27, 2021**

Teamwork confidence and communication and interpersonal skill

# ANNOUNCEMENT OF THE PROGRAMME



**RTU (ATU) TEQIP-III SPONSORED**  
**Students Excellence and Learning Program (SELP)**  
**February 22 – 27, 2021**



**Organized by**  
**Rajasthan Technical University, Kota**  
**&**  
**Swami Keshvanand Institute of Technology, Management & Gramothan, Jagatpura, Jaipur**

**Greetings!!!**

*"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 all students that Rajasthan Technical University, Kota and Universal Human Values Cell, Swami Keshvanand Institute of Technology, Management & Gramothan, Jaipur are going to organize an online **Students Excellence and Learning Program (SELP)** for students studying in various undergraduate and postgraduate engineering programs from **February 22 to 27, 2021**

**Highlights of the Programme**

- Improving efficiency and productivity through sustained high energy levels (tendencies of mind and energy and its correlation with achieving success).
- Importance of health in one's ability to study and concentration
- Introduction to yoga and organizing self
- Deep breathing relaxation practical de-stressing techniques (inner peace and outer dynamism)
- Introduction to meditation its benefits and practice
- Teamwork confidence and communication and interpersonal skill

**Important**

- Batch Size: 60 students (First come first served basis)
- Timings of sessions: 2 Hours daily (10:00am – 12:00noon)
- E-Certificate will be given to all the participants after the successful completion of Workshop with 90% attendance and submission of assignments & feedback form.

**Registration Link (Ctrl + Click to follow link)**

<https://forms.gle/KGcuQsVrnAK9zx8ZA>

**Last date of Registration: FEBRUARY 21, 2021,**


**Intimation of Selection: February 21, 2021**

**Event Coordinators (SKIT Jaipur, Host Institute)**

Prof Rohit Mukherje, Incharge B.Tech. I Year (9784384269)  
Prof Archana Saxena, Department of Chemistry (9466748006)  
Dr. Shikha Agarwal, Department of English (7014701893)

# BROCHURE

<div data-bbox="284 394 358 472"></div> <div data-bbox="381 394 456 472"></div> <div data-bbox="483 394 565 472"></div> <p><b>RTU (ATU) TEQIP-III SPONSORED</b>  <b>Students Excellence and Learning Program (SELP)</b>  <b>February 22 – 27, 2021</b></p> <p><b>Organized by</b>  <b>Rajasthan Technical University, Kota</b>  <b>&amp;</b>  <b>Universal Human Values Cell</b>  <b>Swami Keshvanand Institute of Technology,</b>  <b>Management &amp; Gramothan, Jagatpura, Jaipur</b></p> <p><i>SKIT has been ranked number 1 consecutively for the fourth year in a row in Engineering program in Rajasthan by Rajasthan Technical University, Kota for the session 2020 - 2021</i></p> <div data-bbox="332 814 557 934"></div> <p><b>On-line mode : ZOOM</b></p> <p><b>NO REGISTRATION FEES</b></p> <p><i>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</i></p>	<p><b>ABOUT THE PROGRAMME</b></p> <p>Student Excellence &amp; Learning Program (SELP) is exclusively designed for the students</p> <p>It's 12 hrs online fun-filled interactive training which happens for 6 days (2 hrs each day) by the certified trainers of The Art of Living.</p> <p>This programme is being organized by RTU Kota and SKIT Jaipur under TEQIP- III for the benefits of the students.</p> <p>Following are some of the benefits of this programme.</p> <ul style="list-style-type: none"> <li>➤ Stress free Mind</li> <li>➤ Increased focus and concentration level</li> <li>➤ Increased confidence</li> <li>➤ Overcome fear and stage fright</li> <li>➤ Removes negative emotions</li> <li>➤ Time Management</li> <li>➤ Leadership skills</li> <li>➤ Improved relationship</li> <li>➤ Reduces anger</li> <li>➤ Positive attitude towards life</li> <li>➤ Enhances Creative thinking</li> <li>➤ Tips to crack interviews</li> </ul> <p><b>EMINENT SPEAKERS</b></p> <p>Mr. Rishi Sood          Art of Living Faculty &amp; Coordinator SELP</p> <p>Mr. Paras Kohli          Art of Living State Coordinator</p> <p><b>REGISTER AT</b>  <a href="https://forms.gle/KGcuQsvmAK9zx8ZA">https://forms.gle/KGcuQsvmAK9zx8ZA</a></p>	<p><b>CHIEF PATRON</b>          Prof. (Dr.) R.A. Gupta          Honorable Vice Chancellor, RTU, Kota</p> <p><b>PATRONS</b>          Mr. Raja Ram Meel, Patron SKIT Jaipur          Mr. Surja Ram Meel, Chairman SKIT Jaipur</p> <p><b>ADVISORY COMMITTEE</b>          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 &amp; Maths Deptt.          Dr. Sharda Soni, Associate Professor &amp; HOD, Chemistry          Dr. Neha Purohit, Associate Professor &amp; HOD, English          Dr. Braj Raj Sharma, Associate Professor &amp; HOD, Physics</p> <p><b>RTU (ATU) TEQIP-III COORDINATOR</b>          Prof. (Dr.) Dharendra Mathur, Professor, RTU, Kota</p> <p><b>RTU (ATU) TEQIP-III COMMITTEE</b>          Dr. Harish Sharma (Nodal Officer Academic, RTU, Kota)          Dr. S.D. Purohit (Nodal Officer Finance, RTU, Kota)</p> <p><b>SKIT TEQIP-III COORDINATOR</b>          Prof. Mukesh Gupta (Head of Deptt of CSE)</p> <p><b>RTU EVENT COORDINATOR</b>          Prof. Rohitashwa Shringi, Dean Student Welfare          Rajasthan Technical University, Kota  <a href="mailto:rshringi@rtu.ac.in">rshringi@rtu.ac.in</a></p> <p><b>SKIT JAIPUR (HOST INSTITUTE) EVENT COORDINATOR</b>          Prof. Rohit Mukherjee, Incharge B.Tech. I Year          Prof. Archana Saxena, Department of Chemistry          Dr. Shikha Agrawal, Department of English</p> <p><b>ORGANIZING SECRETARY</b>          Ms Seema Sharma, Department of B.Tech. I Year</p>
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<p><b><u>ABOUT RTU</u></b></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 MTech 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><b><u>ABOUT TEQIP</u></b></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><b><u>ABOUT SKIT</u></b></p> <p>Swami Keshvmand Institute of Technology, Management &amp; Gramothan (SKIT) inspired from the teachings of Swami Keshvmand 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><b><u>THEME</u></b></p> <p><b>"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."</b></p> <p><b>- Sri Sri Ravi Shankar</b></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> <div data-bbox="667 989 951 1150">  </div>	<p><b><u>PROGRAMME SCHEDULE</u></b>  <b>February 22 - 27, 2021</b>  <b>10:00am – 12:00noon, Daily</b></p> <p><b>Day 1: February 22, 2021</b>  Improving efficiency and productivity through sustained high energy levels (tendencies of mind and energy and its correlation with achieving success).</p> <p><b>Day 2: February 23, 2021</b>  Importance of health in one's ability to study and concentration</p> <p><b>Day 3: February 24, 2021</b>  Introduction to yoga and organizing self</p> <p><b>Day 4: February 25, 2021</b>  Deep breathing relaxation practical de-stressing techniques (inner peace and outer dynamism)</p> <p><b>Day 5: February 26, 2021</b>  Introduction to meditation its benefits and practice</p> <p><b>Day 6: February 27, 2021</b>  Teamwork confidence and communication and interpersonal skill</p> <p><b>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.</b></p> <p><b><u>CONTACT</u></b>  9414460650, <a href="mailto:archanasaxena@skit.ac.in">archanasaxena@skit.ac.in</a></p>
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## INAUGURATION: MINUTE TO MINUTE PROGRAMME



**RTU (ATU) TEQIP-III SPONSORED**  
**Students Excellence and Learning Program (SELP)**  
**February 22 – 27, 2021**

**INAUGURATION**

**22/02/2021**

**On-line mode, ZOOM at 10:00 AM**

### PROGRAMME SCHEDULE

S. NO.	ITINERARY	TIME
1.	Welcome Note by Dr. Shikha Agrawal, Department of English, SKIT Jaipur and Event Coordinator (SKIT Jaipur)	5 Min
2.	About the programme By Prof. (Dr.) Archana Saxena, Professor Department of Chemistry, SKIT Jaipur and Event Coordinator (SKIT Jaipur)	5 Min
3.	About SELP By Art of Living faculty and SELP Coordinator	5 Min
4.	Address by Prof. (Dr.) Ramesh Kumar Pachar, Principal, SKIT Jaipur	5 Min
5.	Address by Prof. Rohitashwa Shringi, Dean Student Welfare, Rajasthan Technical University, Kota, Event Coordinator (RTU Kota)	5 Min
6.	Address by Honoured Guest Prof. (Dr.) Dharendra Mathur, Coordinator & Head TEQIP-III, RTU, Kota	5 Min
7.	Address by Chief Guest Prof. R.A.Gupta, Hon'ble Vice Chancellor Rajasthan Technical University, Kota	10 Min
8.	Vote of thanks by Prof. Rohit Mukherjee, Incharge, B. Tech. I Year and Event Coordinator (SKIT Jaipur)	5 Min



## VALEDICTORY PROGRAMME: MINUTE TO MINUTE PROGRAMME

### **RTU (ATU) TEQIP-III SPONSORED**

#### **Students Excellence and Learning Program (SELP)**

**February 22 – 27, 2021**

#### *Valedictory Programme*

**22/01/2021**

**On-line mode, CISCO – WEBEX at 12:15 PM**

#### **PROGRAMME SCHEDULE**

Jaipur and Event Coordinator (SKIT Jaipur)

Report of 6 days Workshop By Prof. (Dr.) Archana Saxena, Department of Chemistry, SKIT Jaipur and Event Coordinator (SKIT Jaipur) 5 Min

Feedback by Students 10 Min

Address by Mr. Deepak Sharma, AOL Faculty and Project Coordinator 5 Min

Address by Mr. Abhay Sharma, AOL Faculty 5 Min

Vote of thanks by Prof. (Dr.) Rohit Mukherjee, Incharge B.Tech. I Year, SKIT Jaipur and Event Coordinator (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**

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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.

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!

When actions and desires are aligned to the Divine or to the welfare of society, then the consciousness is automatically elevated and the knowledge of the Self dawns.

Awareness of the Self and action all are manifestation of the same energy that is you. One of these three dominates at a time. When desire dominates, awareness of the Self will be at its lowest. That's why all the philosophers around the world have always advocated renunciation and dropping of desires. When you are in a state of awareness, happiness dawns and when desire dominates, stress and sorrow take over

## **Inauguration**

On 22/02/2021 The workshop began with the inauguration. Dr. Shikha Agrawal coordinator of the programme (Deptt of English , SKIT Jaipur) welcomed all the eminent guests, expert speakers and participants of the event.

In his address Prof. R.K. Pachar, Principal SKIT Jaipur emphasized the importance and relevance of this learning 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 Learning Programme.

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

Prof. R. Shringi, Dean Students Welfare and coordinator of this event also thrown light on the objectives of the workshop.

The programme ended with the vote of thanks by Prof. Rohit Mukherjee, Coordinator of this programme. Prof. Sangeeta Vyas (Chief Counselor) and Dr.

Sharda Soni (HOD Chemistry Deptt) SKIT Jaipur also attended the programme and conveyed their best wishes to the event.

## **Sessions Of Six Days**

### **Day 1:**

Welcome and Greeting

2. I belong to You/Sangachhadhwam
3. Teams and Guidelines Four Sources of Energy
4. Importance of Breath
5. Breath game

### **Day 2:**

Yoga ending with Yoga Nidra

2. Review and discussion of homework
3. Types of Listening (with listening riddle)
4. Be 100% (Clap game, Touch the main door & come back)
5. Trying v/s doing
6. Ujjayi (Victory) Breath
7. Introduction to Pranayama
8. Three-Stage Pranayama
9. Bhastrika (6 rounds of 20 counts each)

### **Day 3:**

4. Three-Stage Pranayama
5. Bhastrika (6 rounds of 20 counts each)
6. Short Sudarshan Kriya (in Gurudev's voice)

### **Day 4:**

Yoga ending with Panchakosha meditation

2. Review and discussion of homework
3. Nature of Chitta (with process of writing 10 compliments and 1 insult)
  - Pay attention to what you hold on to and what you give up
4. Don't be a football of other people's opinions (establish with TV - remote control game)
5. Home Kriya (Explain and practice

### **Day 5:**

Practice of pranayama and Home Kriya (without Gurudev's voice)

3. Enthusiasm
4. Making A Difference (Review and discuss homework)
  - Choose an activity within college premises/ home like cleaning up the premises, plantation of trees etc. and instill, in students, a feeling of giving back through this process.
  - Joy increases by sharing

## **Day 6**

yoga

2. Practice of pranayama and Home Kriya (without Gurudev's voice)
3. Materialism and Spirituality (if no space constraint)/ Round things square things game (if space constraint)

7. Homework -

- Group activity: Make a plan for any social project your group would like to implement for your college (e.g. campus cleaning, tree plantation):

## **Valedictory Programme**

In the Valedictory Programme Prof Archana Saxena read the report on all days activities. Eminent speakers summed up the various activities. Students shared their feedback, made and submitted small videos of feedback too. The event ended with vote of thanks by Dr. Shikha Agrawal.



# CERTIFICATE



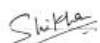
**One Week TEQIP-III Sponsored  
"Students Excellence and Learning Program (SELP)"  
(February 22 – 27, 2021)**

**Organised By  
Rajasthan Technical University, Kota  
&  
Swami Keshvanand Institute of Technology, Management & Gramothan, Jaipur**


## **Certificate of Participation**

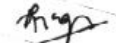
Ref. No. RTU/ TEQIP-III/ F (56)/2020 - 2021/ 6888 - 94


This is to certify that Mr./Ms. \_\_\_\_\_  
of \_\_\_\_\_ SKIT Jaipur has attended One Week TEQIP-III Sponsored "Students  
Excellence and Learning Program (SELP)" held from 22/02/2021 to 27/02/2021, organised by RTU Kota &  
Universal Human Values Cell, SKIT Jaipur. We appreciate his/ her enthusiastic participation.

  
Dr. Shikha Agarwal  
Department of English  
Event Coordinator – SKIT Jaipur

  
Prof. Rohit Mukherjee,  
incharge B.Tech. I Year, SKIT Jaipur  
Event Coordinator – SKIT Jaipur

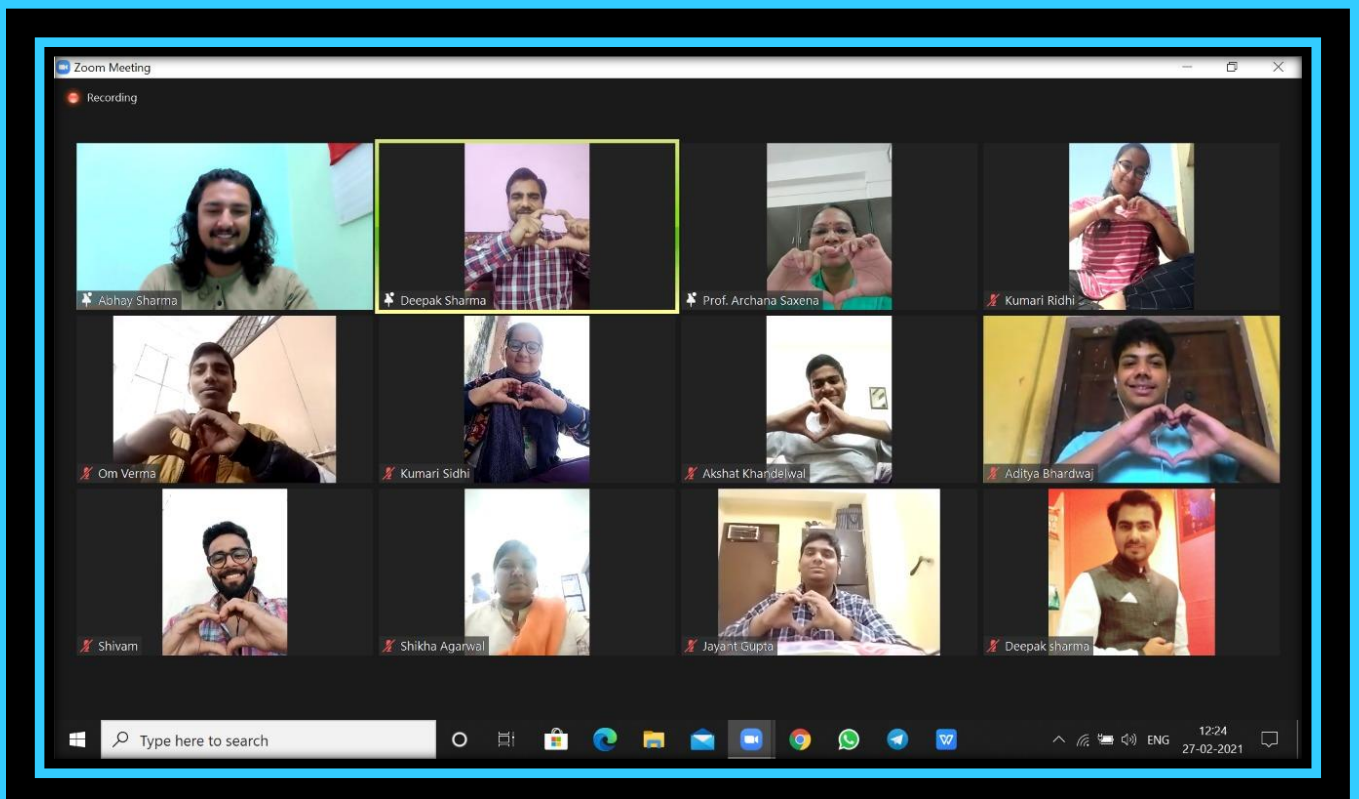
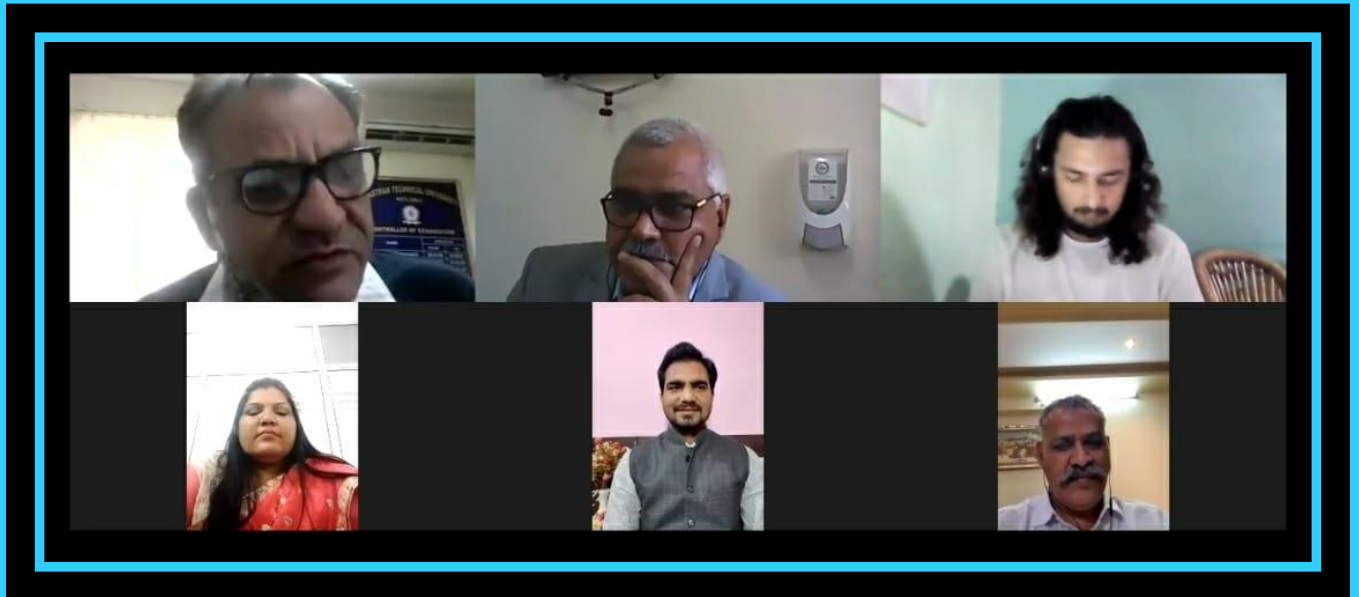
  
Prof. (Dr.) Archana Saxena  
Chemistry Deptt., SKIT Jaipur  
Event Coordinator – SKIT Jaipur

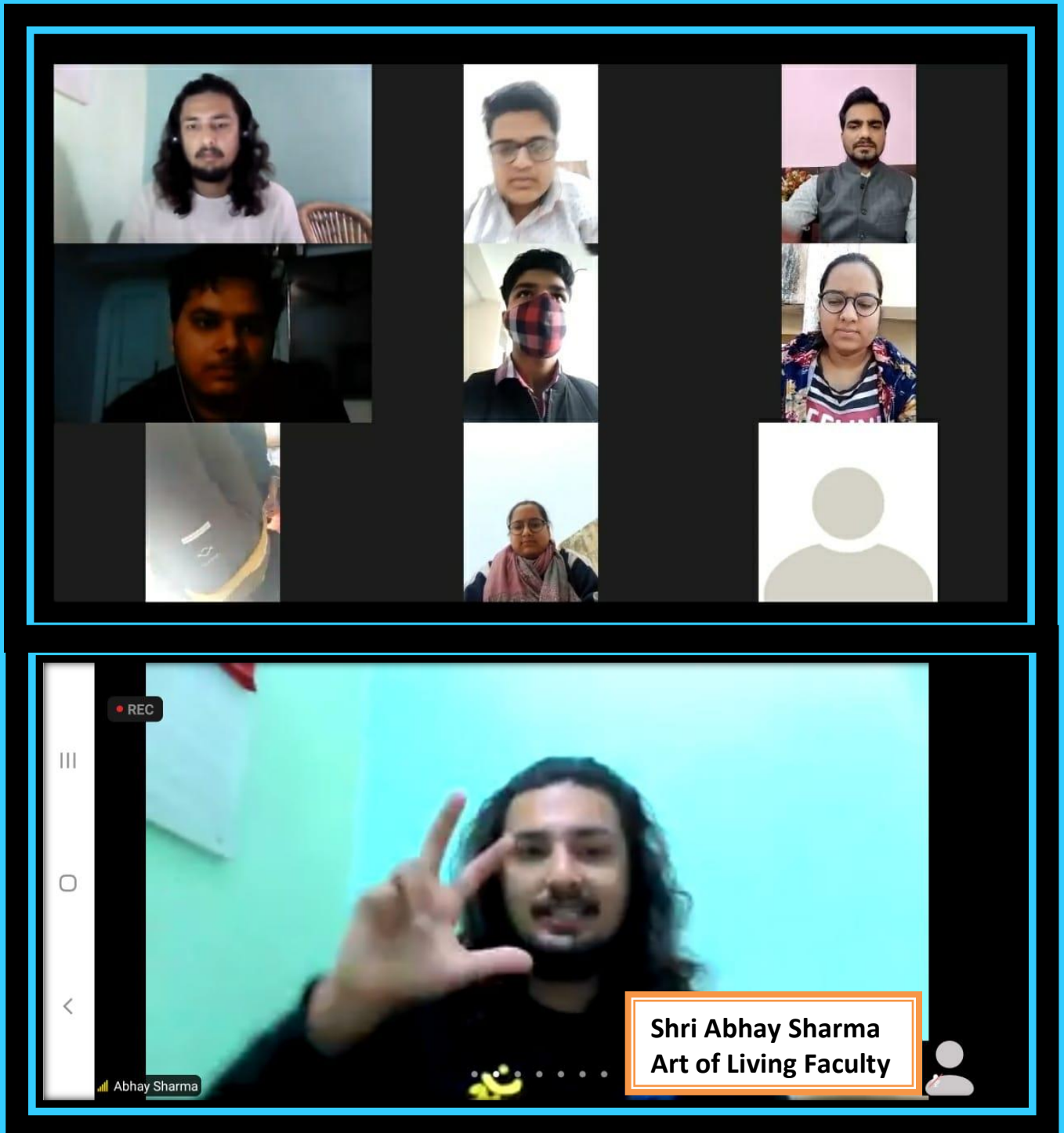
  
Prof. Rohitashwa Shringi,  
Dean Student Welfare, RTU Kota  
Event Coordinator – RTU Kota

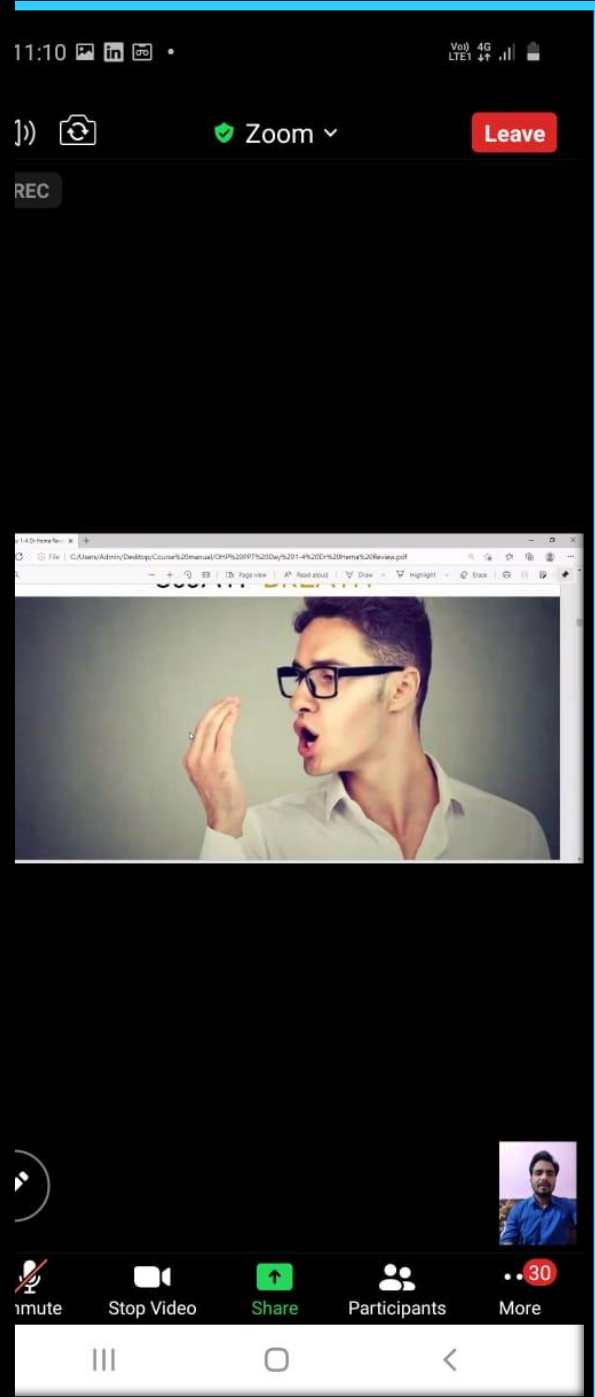
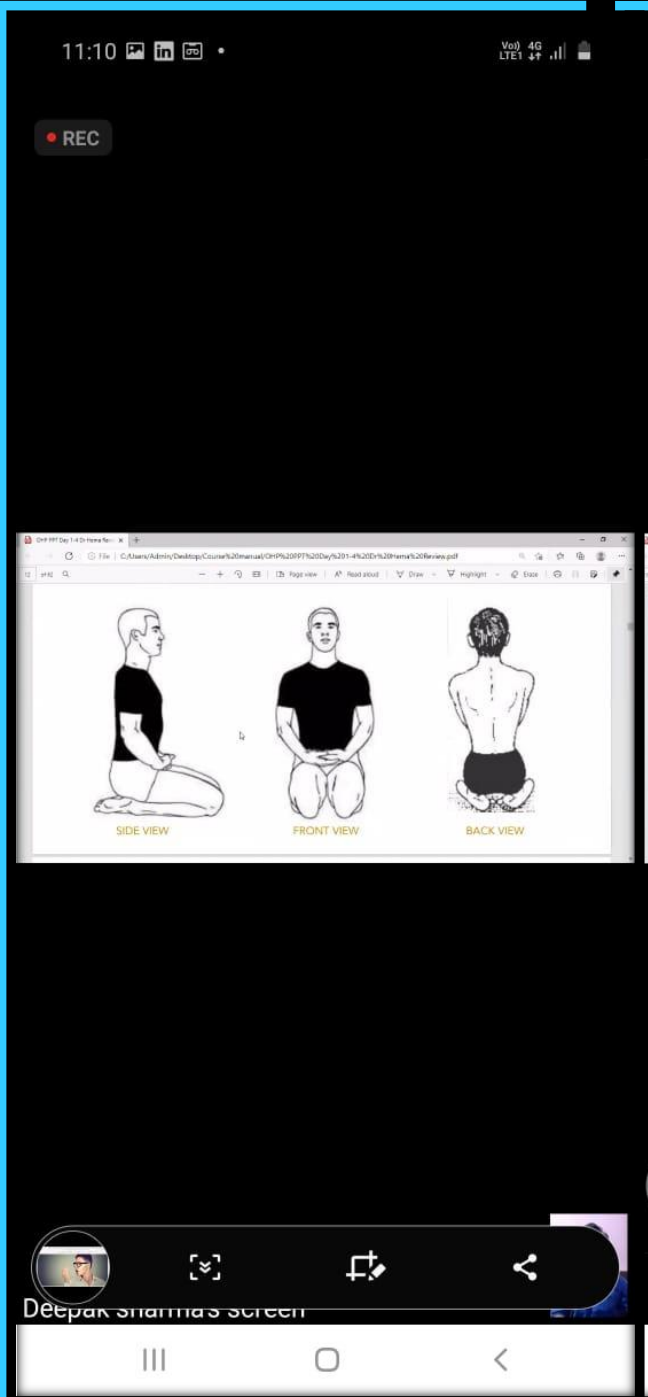
  
Prof. (Dr.) Ramesh Kumar Pachar  
Principal  
SKIT Jaipur

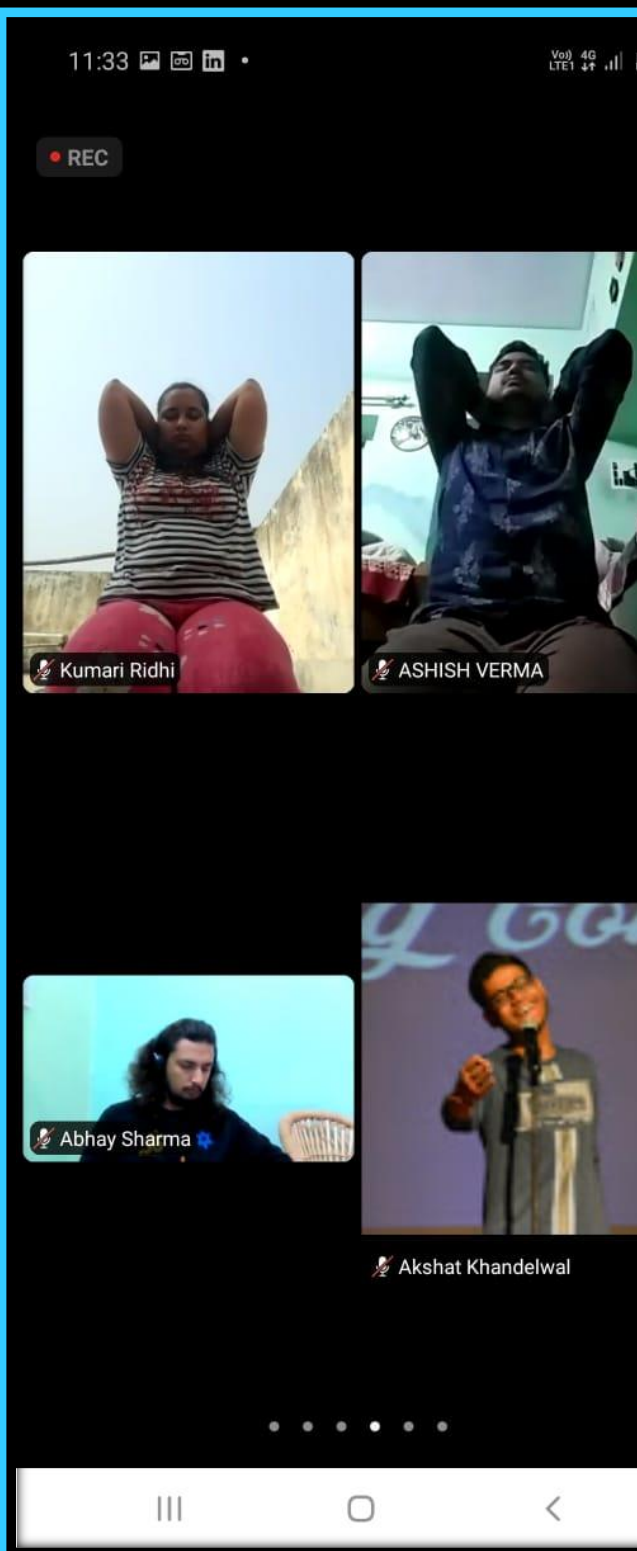


## GLIMPSES











## EVENT COORDINATORS



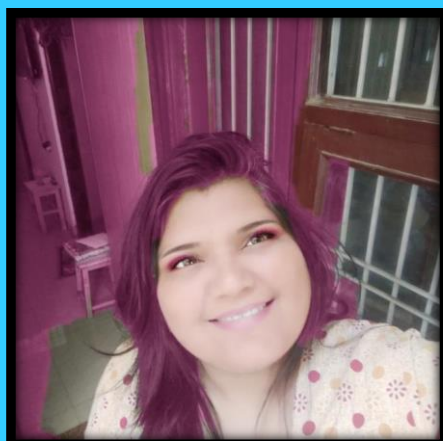
**Prof. Rohitashwa Shringi**



**Prof. Rohit Mukherjee**



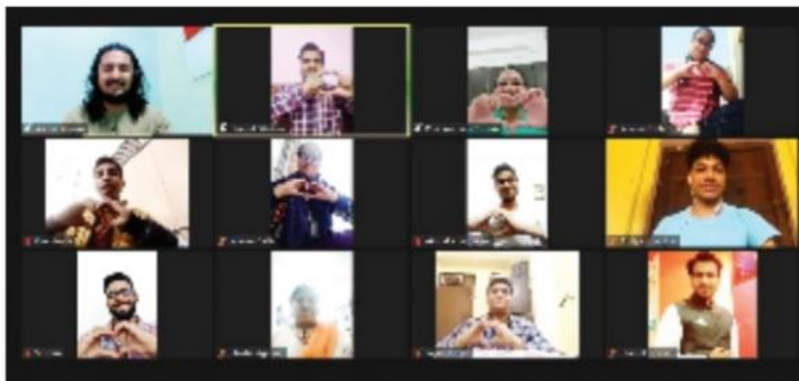
**Prof. Archana Saxena**



**Dr. Shikha Agrawal**

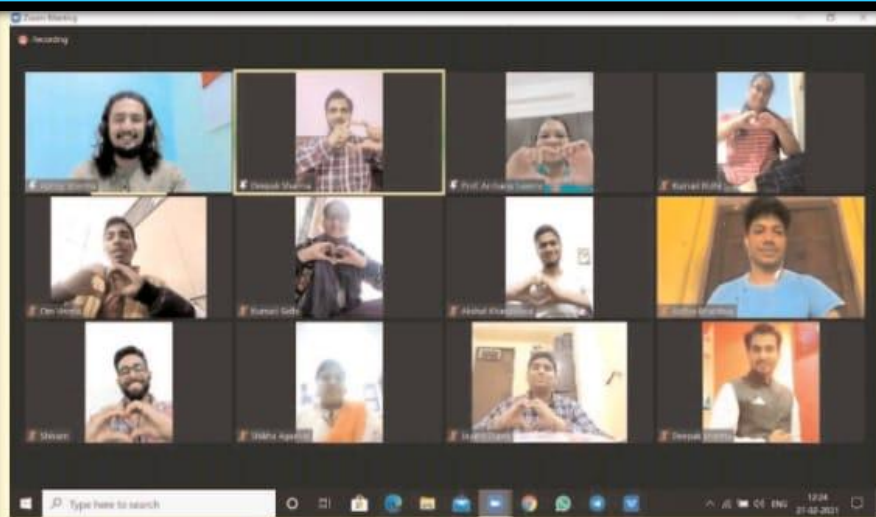
### स्टूडेंट्स एक्सीलेंस एंड लर्निंग प्रोग्राम में प्रोफेसर पचार बोले...

ऐसे प्रोग्राम विद्यार्थियों के लिए  
बौद्धिक और शारीरिक विकास एवं  
संतुलन के लिए अत्यंत आवश्यक



कार्यालय संवाददाता  
जयपुर। स्वामी केशवानंद  
इंस्टीट्यूट ऑफ टेक्नोलॉजी  
मैनेजमेंट एंड ग्रामोत्थान में  
स्टूडेंट्स एक्सीलेंस एंड लर्निंग  
प्रोग्राम 22 से 27 फरवरी तक  
आयोजित किया गया। कार्यक्रम के  
उद्घाटन समारोह में यूनिवर्सिटी  
के टी क्विप कोऑर्डिनेटर प्रो. धीरेंद्र  
माथुर, एसईएलपी के कोऑर्डिनेटर  
ऋषि सूद, आरटीयू के इवेंट  
कोऑर्डिनेटर रोहिताशव श्रृंगी  
उपस्थित रहे। कार्यक्रम का  
संयोजन प्रोफेसर अर्चना सक्सेना,  
प्रोफेसर रोहित मुखर्जी एवं डॉ.  
शिखा अग्रवाल ने किया।  
एसकेआईटी के प्रधानाचार्य

प्रोफेसर रमेश पचार ने विद्यार्थियों  
का उत्साहवर्धन करते हुए कहा कि  
इस तरह के कार्यक्रम बौद्धिक और  
शारीरिक विकास एवं संतुलन के  
लिए अत्यंत आवश्यक है।  
कार्यक्रम का आयोजन श्री  
रविशंकर रवि शंकर की संस्था  
आर्ट ऑफ लिविंग के सुयोग्य  
प्रशिक्षक दीपक शर्मा एवं अभय  
शर्मा ने किया। कार्यक्रम में  
मस्तिष्क शरीर एवं आत्मा को  
संतुलित करना सिखाया गया।  
सुदर्शन क्रिया से विद्यार्थी बहुत ही  
लाभान्वित हुए। कार्यक्रम का  
समापन समारोह शनिवार 27  
फरवरी को विद्यार्थियों की प्रतिपुष्टि  
के साथ संपन्न हुआ।



## एसकेआईटी मे स्टूडेंट्स एक्सीलेंस एंड लर्निंग प्रोग्राम सम्पन्न

P3 Police Public Politics

जयपुर । स्वामी केशवानंद इंस्टीट्यूट ऑफ टेक्नोलॉजी मैनेजमेंट एंड ग्रामोत्थान में स्टूडेंट्स एक्सीलेंस एंड लर्निंग प्रोग्राम 22 से 27 फरवरी तक आयोजित किया गया। कार्यक्रम के उद्घाटन समारोह में यूनिवर्सिटी के टी क्रिप कोऑर्डिनेटर प्रो. धीरेंद्र माथुर, एस ई एल पी के कोऑर्डिनेटर श्री ऋषि सूद , आरटीयू के इवेंट कोऑर्डिनेटर रोहिताशव श्रृंगी उपस्थित रहे। कार्यक्रम का संयोजन प्रोफेसर अर्चना सक्सेना , प्रोफेसर रोहित मुखर्जी एवं डॉ शिखा अग्रवाल ने किया। एस के आई टी के प्रधानाचार्य प्रोफेसर रमेश पचार ने विद्यार्थियों का उत्साह वर्धन करते हुए कहा कि इस तरह के कार्यक्रम बौद्धिक और शारीरिक विकास एवं संतुलन के लिए अत्यंत आवश्यक है। कार्यक्रम का आयोजन श्री श्री रवि शंकर जी की संस्था आर्ट ऑफ लिविंग के सुयोग्य प्रशिक्षक दीपक शर्मा एवं अभय शर्मा ने किया। कार्यक्रम में मस्तिष्क शरीर एवं आत्मा को संतुलित करना सिखाया गया। सुदर्शन क्रिया से विद्यार्थी बहुत ही लाभान्वित हुए। कार्यक्रम का समापन समारोह शनिवार 27 फरवरी को विद्यार्थियों की प्रतिपुष्टि के साथ संपन्न हुआ।



## ASSIGNMENT

What did you like the most about the program?
What do you know about yoga?
What do you understand by Pranayam?
What are the benefits of Sukhasan
What do you understand by Bhatsrika?
What is Sudarshan kriya?
What are the benefits of Sudarshan Kriya?
Name any two asana which you have heard before?
Would you like to practice daily what you have learnt in the workshop?
Give your recommendations to make such programs more popular.
What do you know about the divinity of OM?
Who is known as the founder of ART OF LIVING ORGANISATION?
Name the person who has given Principles of Ayurveda?
What do you know about Dhanwantari Ji?

## FEEDBACK

S. No.	Pointer	Rating (1-5 scale, 5 is best)
1.	How was the workshop	4
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.	Quality of ppt and video shown?	4.5
6.	How were the speakers?	4.8
7.	Practice in the sessions	4.7
8.	Practice assignment was given	Yes
9.	Workshop could meet its objectives	Yes
10.	Would you like to join such sessions in future also	Yes

## ATTENDEES

S NO	NAME	CONTACT
1	Aditya Bhardwaj	9468538187
2	Aman Sharma	
3	Anuj Sharma	9870841011
4	Arun Singh	7728857896
5	Ashima Gupta	9772319733
6	Ashish Verma	8005943497
7	Avi Jain	9413710070
8	Ayush Gupta	7568449277
9	Bharat Kumar	9653941094
10	Gaurav Namdev	9782023725
11	Hari Dutt Vyas	9460944355
12	Harikishan Jangid	7424910237
13	Harsh Goyal	7296878085
14	Harsh Singh Narooka	8005823113
15	Harshit Sharma	8949694081
16	Hemang Agrawal	9414045434
17	Hemlata Prajapat	9653921224
18	Jayant Gupta	7597928500
19	Jyotirmaya Sharma	No
20	Kamal Kishore	--
21	Kanishk Pratap Singh Rathore	7014109591
22	Kapish Nandwana	9024585639
23	Kartik Choudhary	7240520664
24	Kavya Singhal Gupta	8290994624
25	Kavyansh Nag	7231985141
26	Komal Kanwar Korawat	7878031826
27	Kumari Ridhi	8544081085
28	Kumari Sidhi	8757619005
29	Lakshya	9001456344
30	Lakshya Bhatra	9928203312
31	Manvendra Singh Kardam	9468928403
32	Mayank Jindal	9521383825
33	Megha Sharma	6378862513
34	Ms. Kusum Sharma	No
35	Nishant Prasad	9116816033
36	Nitish Singh	No
37	Om Verma	9660652187
38	Pankaj Nagar	9462133980

39	Parineeta Bagra	9352124856
40	Piyush Jangid	9782011487
41	Prashansha Khandelwal	9587637403
42	Prateek Sharma	9521255600
43	Praveen Kumawat	6376039528
44	Priya Gupta	9098812136
45	Priyanka Chauhan	9352520205
46	Priyanshu Jangid	8562867774
47	Puneet Shringi	
48	Pushpendra Jatav	7728983746
49	Raghav Bhardwaj	9643456649
50	Raghav Somani	9352377100
51	Ravi Raj	9155880860
52	Ritik Verma	8824199284
53	Rudraksh Agarwal	7878503368
54	Samarth Bhatnagar	9462036529
55	Shivam Tank	6376812697
56	Suraj Jaimini	9887266871
57	Tushar Soni	8003825825
58	Vaibhav Vyas	7426046737
59	Akshat	
60	Jayantyadav	

## **FOLLOW GURUDEV ON SOCIAL MEDIA CHANNELS**

**1. LinkedIn** [\*https://www.linkedin.com/in/srisriravishankar/\*](https://www.linkedin.com/in/srisriravishankar/)

**2. On Instagram**

[\*https://www.instagram.com/srisriravishankar/\*](https://www.instagram.com/srisriravishankar/)

**3. On Facebook** [\*https://www.facebook.com/SriSriRaviShankar\*](https://www.facebook.com/SriSriRaviShankar)

**4. Twitter Handle**

[\*https://mobile.twitter.com/srisri\*](https://mobile.twitter.com/srisri)

**5. YouTube Channel**

[\*https://youtube.com/c/srisri\*](https://youtube.com/c/srisri)

## **THANKS NOTE**

We are thankful to Prof. (Dr.) R.A. Gupta (Honorable Vice Chancellor, RTU, Kota) for his best wishes and motivation. Great Support and guidance and best wishes extended by Mr. Surja Ram Meel, Chairman SKIT Jaipur, Mr. Jaipal Meel, Director, SKIT Jaipur,, Prof. S.L. Surana, Dir (Acad.), SKIT Jaipur, Ms. Rachna Meel, Registrar, SKIT Jaipur and Prof. R.K. Pachar, Principal, SKIT Jaipur has always been a motivation behind such tasks We are thankful to them all.

Thanks are due to Prof. (Dr.)Dhirendra Mathur, Professor, RTU, Kota ( RTU (ATU) TEQIP-III COORDINATOR) and RTU (ATU) TEQIP-III COMMITTEE members Dr. Harish Sharma (Nodal Officer Academic, RTU, Kota), Dr. S.D. Purohit (Nodal Officer Finance, RTU, Kota) for financial support through TEQIP III. We are grateful to Prof. (Dr.) R. Shringi, Dean Student Welfare, RTU Kota (RTU Event Coordinator) for helping us in managing the event.

Our sincere thanks are also due to Mr. Rishi Sood, Art of Living Faculty & Coordinator SELP and Mr. Paras Kohli, Art of Living State Coordinator.

We are heartily thankful to the important persons of this workshop, our eminent and dedicated resource persons Mr. Deepak Sharma and Mr. Abhay Sharma who are very learned, trained and cheerful faculty of Art of Living for wonderful delivery of the subject and achieving the success of the programme.

The most important component of this workshop, our dear students are also appreciated for their enthusiastic participation.

We are grateful to Chemistry, Mathematics and English Departments of SKIT Jaipur for their support.

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

श्री दीपक शर्मा जी और श्री  
अभय शर्मा जी को कार्यक्रम  
के सफलतापूर्वक संपन्न होने  
पर बहुत बधाई एवं धन्यवाद।



**Dear Students**  
**We Acknowledge and**  
**Appreciate your**  
**Enthusiastic**  
**Participation in the**  
**workshop.**

आप सभी का हार्दिक  
आभार 🙏🌸

### CONTACT

Prof. (Dr.) Archana Saxena

Convener UHV Cell

9414460650,

[archanasaxena@skit.ac.in](mailto:archanasaxena@skit.ac.in)

Tel. : +91-0141- 5160400, 2759609, 2752165 & 2752167

Fax: +91-0141-2759555, E-mail: [info@skit.ac.in](mailto:info@skit.ac.in)