



Annexure – IP/10/04

Date: 14 March' 2022

National Initiative Program (Student Exchange Program)

Report on Webinar: "Health and Hygiene" Under Azadi ka Amrut Mahotsav Ayush Ministry

1. Program Details:

Thakur College of Engineering & Technology conducted interactive webinar session on healthy lifestyle through Ayush Systems under National Initiative Program, EBSB: Student Exchange Program on 5th March' 2022.

2. Event Details:

Webinar on "Health and Hygiene" was held on 5th March, 2022 for the students of all department of not only Thakur College of Engineering and Technology but also from our partner colleges all over India. The webinar was proposed as a part of celebration of EBSB Azadi ka Amrit Mahotsav, Ministry of Ayush. Due to pandemic situation, this student exchange event was conducted online where participants could aware about healthy lifestyle through Ayush Systems.

3. Planning:

The Program planning started in February as this year the Government of India decided to celebrate the 75 years of Independence of India, with great excitement as "Azadi Ka Amrit Mahotsav". Under this, as per EBSB, Ministry of Ayush had planned various activities throughout the year. So, as a part of this celebration, TCET NIP team proposed to conduct an interactive webinar session on healthy lifestyle through Ayush Systems under Student Exchange Program.

4. Event Schedule:

Sr No.	Program	Schedule	Speaker	Zoom link/Recording link
1.	Opening Speech for Inauguration of student exchange program by Student Anchor	10.00 AM – 10.15 AM	Ms. Janhavi Shetty	Zoom line: https://tinyurl.com/EBSB-Health-and-Hygiene
2.	Video Play "Saraswati Vandana"	10.15 AM – 10.20 AM	TCET NIP Team	



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3.	Discussion of student exchange program A.Y.2021-22(Even Activity Calendar) & briefing of webinar on "Health and Hygiene" Under Azadi ka Amrut Mahotsav Ayush Ministry"	10.20 AM - 10.25 AM	Dr. Megharani Patil	Drive Recording link: https://drive.google.com/file/d/16e7j4Hzre_cEFSYponJRQDYrKGXmKXVg1/view?usp=sharing
4.	Talks about Student Exchange Program initiatives	10.25 AM – 10.30 AM	Dean, Vice-principal of TCET and Dignitaries of partner colleges	
5.	EBSB Azadi ka Amrut Mahotsav Ayush Ministry "Webinar on "Health and Hygiene"	10.30 AM - 12.30 PM	Dr. Rahul Sonkamble	
6.	Interactive doubt-solving session	12.30 PM to 1.00 PM	Dr. Rahul Sonkamble and webinar participants.	

5. Objective:

- To sensitize students towards Ayush Health Care Systems, so that the students understand and adopt healthy living styles from younger age itself.
- To develop a platform for students to learn collaboratively with other institute students.
- To give students an exposure to the skills such as team work, communication and lifelong learning along with cultural recreation activities.
- To build healthy India and to adopt various national initiatives under EBSB

6. Expected Outcome:

- To become aware about strengths of Indian Traditional Medical systems, and adopt these systems in their lifestyle.
- To learn collaboratively with other institute students.

7. Participants: Participants were undergraduate Engineering students from Host College and Partner Colleges

Host College: Thakur College of Engineering & Technology

Partner Colleges:

- Gandhi Institute of Engineering and Technology, Odisha
- Vardhaman College of Engineering, Hyderabad (Telangana)
- Government Engineering College Nawada, Bihar
- KLS Gogte Institute Of Technology, Belagavi, Karnataka



5. Maratha Vidya Prasarak Samaj's Karmaveer Baburao Ganpatrao Thakare College of Engineering, Nashik, Maharashtra
6. Muthayammal Engineering College, Rasipuram, Namakkal, Tamilnadu, India
7. Lal Bahadur Shastri College of Engineering, Muliyar P O, Kasaragod, Kerala.
8. Vikrant Institute of Technology and Management, Behind Veterinary College, Borkhedi Village, Harsola, Indore, Madhya Pradesh
9. Garden City University, Bengaluru, Karnataka
10. Finolex Academy of Management and Technology, Ratnagiri, Maharashtra
11. IPS Academy, Institute of Engineering and Science, Indore
12. Dr. DAULATRAO AHER COLLEGE OF ENGINEERING, Vidyanagar Extn. Banawadi, Satara, Karad, Maharashtra 415124
13. Shri Ramdeobaba College of Engineering and Management, College in Nagpur, Maharashtra

8. **Staff Involvement:**

Overall Coordinators:

- Dr. Lochan Jolly (Dean SSW)
- Dr. Megharani Patil (Activity Head- National Initiative Program)

National Initiative Program Departmental Coordinators:

- Ms. Niki Modi (COMP Dept)
- Mr. Rahul Neve (IT Dept.)
- Mrs. Sonali Singh (E&TC Dept)
- Ms. Jalpaben D. Pandya (ELEX Dept)
- Mrs. Amruta Gokhale (Mech Dept)
- Mr. Ashwin Patak (ES&H Dept.)
- Mr. Arpit Vyas (Civil Dept.)

9. **Highlights:**

Inauguration: The inauguration Program was scheduled and organized by Dr. Megharani Patil, Activity Head NIP and Mr. Rahul Neve, NIP Coordinator IT Department. The event started with the inauguration at 10.00 a.m. which comprised of welcome speech by Ms. Janhavi Shetty, student of TCET. This was followed by video play "Saraswati Vandana". Next, Dr. Megharani Patil, and Activity Head NIP, TCET introduced the student exchange program with its objectives, various activity under student exchange program is discussed with schedule of A.Y 21-22 even semester (Current Sem). This was followed by an address by Dr. Lochan Jolly, Dean SSW where she talked about the MHRD initiative and its organization by TCET. Which was followed by Dr. Deven Shah, Vice Principal, TCET, speech which included suggestion to start offline program now (i.e post pandemic) after that partner college faculty member Dr. Brojo kishore Mishra, Associate Dean (International Affairs), GIET University, Odisha expressed the gratitude towards the host college efforts, briefed about his university events and invited TCET students and faculty members to Odisha. Dr. Amit Chandak, Head, Mech. Engg. Dept. IPS Academy, Institute of Engineering & Science,



ज्ञानं श्रेष्ठं चरितव्यं त्रैलोक्ये (Jyoti)

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Website: www.tcetmumbai.in

Indore thanked for having partnership with TCET.

The inauguration ended with a vote of thanks proposed by Ms. Jalpa Bhatt, Assistant professor, Department of Electronic & telecommunication, TCET where she expressed her gratitude to management, Principal, Vice Principal, Deans, Faculty members, Staff and participants attending the event.

Webinar: - After the Inauguration function, webinar was continued from 10.30 a.m. The webinar was interactive and covered precisely all the important knowledge on healthy lifestyle through Ayush Systems. TCET NIP Team had invited Ayurvedic practitioner Dr. Rahul Sonkamble, M.D. (Ayu- Swasthavritta-PSM), Assistant Professor, Department of Swasthavritta, SNKD's Nallasopara Ayurved Medical College for interactive session delivery on “Health and Hygiene”.

Below are the gist of topics covered in webinar.

a) Detailing of topic covered by speaker: -

Webinar	Speaker	Topic covered
Health and Hygiene	Dr. Rahul Sonkamble, M.D. Ayu-Swasthavritta- PSM)	<p>As per Ayurveda: Sir gave brief Introduction about Health, Signs of Good Health how Health through Ayurveda used in in our daily life and improve Dental Hygiene, Tongue Cleaning, Anjan, Nasya Karma, Gargle – mouth wash, dhum paan, Oil massage, exercise, bath, massage with powder, Trim nail, hairs.</p> <p>What we can avoid in Evening Regimen – Eat less food, Sexual Intercourse, Sleep, Study, Evening walk, Night Regimen: Dinner, Sleep, Seasonal Regime, Natural Urges, In health three pillars is important food, Balanced Diet, Water Intake in that Sleep, Abstinence we have to maintain in our daily life. Sir also explain about how yoga is important in our daily life.</p> <p>Next, Sir explained how Sadrutta palan, Personal Hygiene, Menstrual Hygiene, Domestic Hygiene, Clean Food and Water is important in daily basis, Cooking with care, Abstaining from addictions, substance abuse, Community Hygiene, Communicable disease, Non-communicable disorders is used to reduce the major risk factors in terms of tobacco use, physical inactivity, unhealthy diet and the harmful use of alcohol.</p>



b) Interactive doubt solving after the webinar: -

Sr No	Doubts/Questions raised by participants	Answer
1.	During summer, I face a lot of acidity problem, so what changes do you suggest should I adopt in my eating habits to minimize this issue?	Acidity is caused due to increase in 'pitta'. Moreover during summer due to heat, the digestive ability decreases so we should avoid eating outside heavy food which are difficult to digest.
2.	In allopathy, it is advised to eat dahi during summer, but the people who are prone to cough easily will have adverse cough if they consume dahi and so arurveda suggests to avoid dahi. These are contradicting facts. What would you say regarding this issue?	In allopathy, they consider the nutritional aspects of dahi and so advise consuming dahi ignoring rest of the aspects. But according to ayurveda, there are certain rules regarding the consumption of dahi. There are certain seasons in which dahi should be consumed. If dahi is consumed excessively, the normal mechanism of body is blocked. So dahi shouldn't be consumed excessively. Moreover, dahi can be consumed in the morning but should strictly be avoided at night. And dahi should not be consumed alone, dahi should be mixed with salt/sugar/aamchura powder/honey and then consumed.
3	If we eat small piece of jaggery after lunch or meal so which is key to good overall health?	Yes, Jaggery is a natural body cleanser. further reducing the workload of the liver. Jaggery helps cleanse the liver by flushing out harmful toxins from the body, which further helps detoxify the liver. Only thing is jaggery should be organic and add sequence wise aahar and sweet means not only jaggery in meal roti, chapati contain some sweet during lunch or dinner time.

True essence and motive of the webinar was achieved by imbibing the knowledge on Health and Hygiene in each attendee. We shared link for IEC material on Ayush Systems including Medicinal Plants and Health & Hygiene with all participants



10. **Attendance:** 334 participants attended the Program. 194 registered participants successfully completed the program.

Sr No.	Institute Name	No of Participants / Guests
1	Guest and faculty members from tcet and partner colleges	13
2	Total registered participant successfully completed the program	194
	Thakur Collage of Engineering and technology	88
	Giet University, Gunupur, Odisha	14
	Muthayammal Engineering College, Rasipuram, Namakkal, Tamilnadu, India	78
	Finolex Academy of Management and Technology, Ratnagiri	9
	IPS Academy, Institute of Engineering and Science, Indore	4
	Dr. Daulatrao Aher College of Engineering, Karad, Maharashtra	1
3	Non registered participants attended the webinar	127 #
Total Participants Attended Program on Zoom		334

Note: Annexure I is attached for Total registered participant successfully completed the program

11. **Details of External Resource Person:**

Dr. Rahul Sonkamble ((Ayu- Swasthavritta- PSM), Assistant Professor, Department of Swasthavritta, SNKD's Nallasopara Ayurved Medical College): Delivered the talk on Health and Hygiene according to Ayurveda.

12. **Feedback Analysis:** Annexure II is attached.

13. **Evaluation and Assessment of Program:**

There were 387 registrations, 334 participants on zoom, 194 participants attended program successfully appeared for quiz and feedback.



14. Outcome:

NIP Team showed excellent coordination and gracefully handled the session as well as the situation. Participants given excellent feedback for the webinar.

15. Problem faced and solutions suggested:

Few registered participants were not attended the webinar, also there were less interaction in online mode and there was internet issue at participant end.

16. SWOT analysis:

Parameters	Strength	Weakness	Opportunity	Threat
Meeting	The meeting was scheduled well in advance with the help of outreach students' team and NIP team.	Due to online presence of the participant, we were not able to check the attentiveness.	The accessibility has increased due to online Program, so we are able get national participation as well	In online Program it is observed that we must give multiple reminders to the participant to maintain attendance
Participation	There were 387 registrations received for the Program.	Though we received 387 registrations, 334 participants	This Program has been appreciated by the participants and well taken so similar events can be conducted in future	Due to online conduct, there was absence of physical observation of participants.

17. Key Differentiator:

- Trainer Dr. Rahul Sonkamble, M.D. (Ayu- Swasthavritta- PSM), was SNKD's Nallasopara Ayurved Medical College
- 5 partner colleges were participated along with host college participants
- The webinar was conducted as a part of student exchange program of EBSB "Azadi ka Amrit Mahotsav" initiative by Ministry of Ayush.

18. Scope for Improvement:

Animated videos can be shared with participants to make such a type of sessions more engaging.



19. **Conclusion:** This webinar was conducted as a part of celebrating EBSB Azadi ka Amrit Mahotsav, Ministry of Ayush which is an initiative to commemorate 75 glorious years of progressive India and its rich history, diverse population, magnificent culture and great achievements. Through webinar, participants learned how health and hygiene is important & how to take care of it. The webinar was interactive, insightful and gave students an exposure to valuable information on health and hygiene. **194 participants from host and partner colleges including paired state institute Giet University, Odisha** successfully attended the session.

20. **The You Tube Link:** <https://youtu.be/hFhGm3rZhvI>

Collectively Proposed By

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Devo 17/3/22
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Activity Head NIP

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• Institute Accredited by National Assessment and Accreditation Council (NAAC) Bangalore

Date: 14/03/2022

Annexure - I

Academic Year 21-22 (Even)**National Initiative Program****EBSB Azadi ka Amrut Mahotsav Ayush Ministry****“Webinar on “Health and Hygiene”****Certificate of Participation List**

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Annexure II

Feedback Analysis

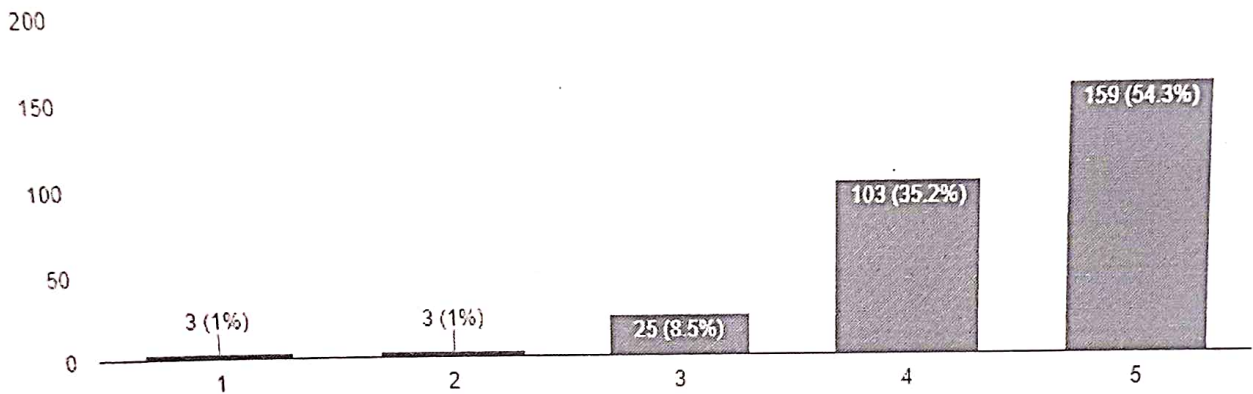
Webinar on “Health and Hygiene” Under Azadi ka Amrut Mahotsav Ayush Ministry

5th March 2022 10.00 AM onwards

1. How was your experience attending this webinar?

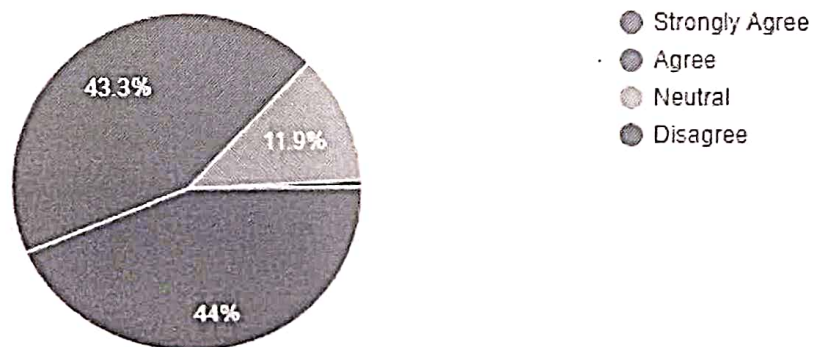
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293 responses



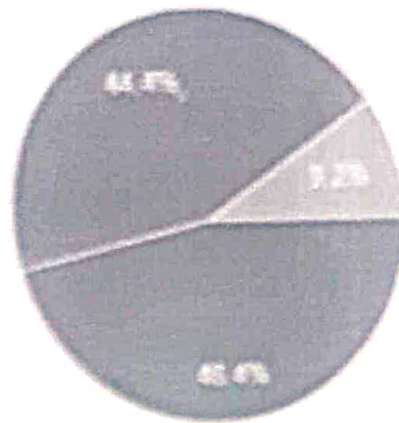
2. Do you think Time Management was proper to deliver content within allotted Time?

293 responses



3. The content was organized and easy to follow

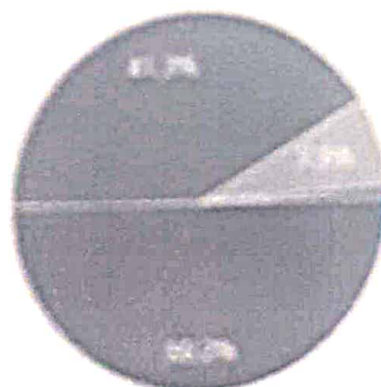
241 responses



- Strongly Agree
- Agree
- Neutral
- Disagree

4. The trainer was knowledgeable about training topics.

241 responses



- Strongly Agree
- Agree
- Neutral
- Disagree

5. Considering your overall experience, how would you rate this Webinar?

 Copy

293 responses

