



POORNIMA

COLLEGE OF ENGINEERING

Affiliated to RTU, Kota • Approved by AICTE & UGC under 2(f) • NAAC A+ Accredited

A Report On

“UNIVERSAL HUMAN VALUES”

NAME OF ACTIVITY: Session on Living Well: A Roadmap to a Stress- Free, Anxiety Free, Healthy Life Style

DATE & DURATION: September 16, 2023 (2 hours)

TYPE OF ACTIVITY: Session on UHV

ORGANIZED BY: Department of First Year

FACULTY COORDINATOR: Dr. Ratnesh Sharma

**POORNIMA**
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**B. Tech. I Year
3 Weeks Student
Induction Programme
(2023-2024)**

“पहला कदम”

TALK SHOW
**Living Well: A Roadmap to a Stress-free
Anxiety free, Healthy Lifestyle**


Dr. Sunil Dhand
Consultant Diabetes, Thyroid and Metabolic Diseases
World records holder for diabetes awareness


Ms. Vartika Jain
TV Artist and Host, Founder of The Vartika Show

Date: September 16, 2023
TIME: 10.00 AM to 11.30 PM

Venue: 2005

LEARNING OUTCOMES:

The participants through this workshop will be able to -

CO1: Students got to learn the significance and importance of values in life

CO2: They learnt how to deal with life, which includes examining ones goals, identifying and sorting out conflicts, dealing with relationships in family and friends, understanding society and a mutually enriching relationship with nature

CO3: They learnt to create feelings of happiness, satisfaction and fulfillment, and to develop healthy patterns of behavior

CO4: Students got to know their responsibility towards society and ensure harmony in society by helping others

MAPPINGS WITH PO AND PSO:

	PO-1 (Engineering Knowledge)	PO-2 (Problem Analysis)	PO-3 (Design/Development of Solutions)	PO-4 (Conduct Investigations of Complex Problems)	PO-5 (Modern Tool)	PO-6 (Engineer and Society)	PO-7 (Environment and Sustainability)	PO-8 (Ethics)	PO-9 (Individual and Team Work)	PO-10 (Communication)	PO-11 (Project Management and Finance)	PO-12 (Life-Long Learning)
CO1						3	2	3				3
CO2						3	2	2				3
CO3						2	1	2				3
CO4						1	3	3				3

ASSESSMENT TOOLS:

POORNIMA COLLEGE OF ENGINEERING						
FEEDBACK FORM						
Tick for the level of rating (1 to 5) to be given 1-Lowest and 5 Highest						
Questions	1	2	3	4	5	
Did the session meet its objectives?	-	-	-	-	-	
Did you find the contents useful?	-	-	-	-	-	
Did it help students to enhance their skills or learning's?	-	-	-	-	-	
Was the Audio Video Quality satisfactory in case of online sessions?	-	-	-	-	-	
Did you receive uninterrupted Connectivity in case of online sessions?	-	-	-	-	-	
How do you rate this session overall?	-	-	-	-	-	
What can we do to improve in future?						
<u>Remarks/Suggestions:</u>						

DETAILS OF ACTIVITY:

‘A healthy mind resides in healthy body.’ To lead a successful life one needs to be healthy as only a healthy person can get success and enjoy it as well. The relationship between academic achievement and the status of student health is acknowledged by everyone. When students are strong and healthy, they can concentrate better in class. Healthy students also tend to have higher attendance records than students who don’t receive proper nutrition. Even though nutrition is a major contributor toward student health, exercise and other environmental factors also influence students’ health on several levels. Holistic student health incorporates the physical, social and emotional status of students, making health a complex issue.

In compliance of this, a health awareness session was conducted for the students of First Year on 16/9/2023 where Dr. Sunil Dhand emphasized the necessity for personal health and hygiene. For all these, participants at the programme were encouraged to incorporate healthy habits and also take various preventive measures so that in the upcoming times they can stay safe and sound. In addition, people present there are also spurred to boost up their daily nutrition intake. They are also given information on how to integrate and maintain hygiene in their lifestyle. The programme was focused towards addressing issues of personal health care, vaccination, hygiene, and illness prevention. The session ended with a punch line given by Dr. Sunil Dhand that ‘Chase your goal, chase luxury but keep a check on your health’.

The talk show was also contributed by Ms. Vartika Jain who shared some important tips for healthy life style. She emphasized that though the life goes on its own fast pace but to keep pace with it we need to take out time for exercise, yoga, meditation. We need to switch ourselves to healthy and nutritious food to live and enjoy a healthy life.

GLIMPSES:





LIST OF THE PARTICIPANTS:

Poornima College of Engineering		
S.No.	Reg. No.	Name
1	PCE23CE009	ARPIT SHARMA
2	PCE23CE010	ARYAN
3	PCE23CE011	ASHISH YADAV
4	PCE23CE012	AVANI HARSANA
5	PCE23CE018	DIVYA KRISHNA SOYAL
6	PCE23CE019	DIVYANSH TIWARI
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15	PCE23CS013	AKSHARA JAIN
16	PCE23CS014	AKSHAT SAXENA
17	PCE23CS021	ANUSHKA AGRAWAL
18	PCE23CS022	ANUSHKA KUMARI
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20	PCE23CS051	HARSH JAGWANI
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27	PCE23CS073	KAMLESH JAIN
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29	PCE23CS084	KRITIK SETHI
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32	PCE23CS092	MANOJ SEERVI
33	PCE23CS093	MAYANK
34	PCE23CS094	MILI PRASAD
35	PCE23CS095	MOHIT KUMAR
36	PCE23CS098	NAMAN DANGI
37	PCE23CS100	NARESH SWAMI
38	PCE23CS101	NAVNEET SAINI MALI

39	PCE23CS112	PARV JAIN
40	PCE23CS113	PAYAL AGARWAL
41	PCE23CS114	PIYUSH BHARDWAJ
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43	PCE23CS116	PIYUSH SONI
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48	PCE23CS135	RAVEENA DHAKAR
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50	PCE23CS137	RAVI MAHAWAR
51	PCE23CS169	TANISHA KUMAWAT
52	PCE23CS170	TANISHKA DHAKAR
53	PCE23CS179	VANSH SHARMA
54	PCE23CS180	VEDANT GUPTA
55	PCE23CS181	VINAMRA SHARMA
56	PCE23CS182	VISHWA KHANDELWAL
57	PCE23CS183	YASHI KUMAWAT
58	PCE23EE002	ASHVINI POONIA
59	PCE23EE003	AYUSH
60	PCE23EE004	AYUSH KUMAR
61	PCE23EE005	DHIRAJ BANSKUWA
62	PCE23EE006	HIMESH SINGHVI
63	PCE23EE011	MS.LAXMI SAINI
64	PCE23EE016	PRATAP SINGH NARUKA
65	PCE23EE017	PRINCY GARG
66	PCE23EE018	PRIYANSHU SHARMA
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119	PCE23AD028	MANAS SINGH BISHT
120	PCE23AD029	MANISH GOLANI

121	PCE23AD030	MAYANK JANGID
122	PCE23AD044	MS.RIYA GUPTA
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134	PCE23CA003	ANKITA CHOUDHARY
135	PCE23CA004	ANSHIKA JAIN
136	PCE23CA005	ANURAG MAHARSHI
137	PCE23CA006	ANUSHKA PATIDAR
138	PCE23CA007	ANUSHREE MEHTA
139	PCE23CA017	HITESH GURJAR
140	PCE23CA018	HITESH KUMARI
141	PCE23CA019	KARTIK
142	PCE23CA020	KESHAV YADAV
143	PCE23CA021	KULDEEP SHARMA
144	PCE23CA022	KUNAL GUPTA
145	PCE23CA023	KUNAL HARSINGHANI
146	PCE23CA024	LUCKY GURJAR
147	PCE23CA025	MAYANK SHARMA
148	PCE23CA026	MITANSHU KUMAR MEHTA
149	PCE23CA027	MOXIT REWAR
150	PCE23CA028	MS.MUSKAN AGRAWAL
151	PCE23CA036	MS.RAKSHITA SHARMA
152	PCE23CA029	NAKUL JANGIR
153	PCE23CA030	PARTH JAIN
154	PCE23CA041	SACHIN KUMAWAT
155	PCE23CA051	SHRUTI JAIN
156	PCE23CA052	SUNDARAM SINGH
157	PCE23CA053	TANAY MILKY
158	PCE23CA054	TANISHA NAGAR
159	PCE23CA055	TUSHAR
160	PCE23CA056	TUSHAR VERMA
161	PCE23CA057	VANSH MAHAWAR

162	PCE23CA062	VISHU BHATI
163	PCE23CA063	YASH MANGAL
164	PCE23CY001	ADITYA SHARMA
165	PCE23CY013	BHAVNA SOLANKI
166	PCE23CY014	BHAVYA CHHABRA
167	PCE23CY015	BHAWESH YADAV
168	PCE23CY016	DEEPAK CHANDNANI
169	PCE23CY017	DEVANSH MEWARA
170	PCE23CY018	DIVYANI BHATI
171	PCE23CY019	DIVYANSH BHATI
172	PCE23CY020	DIVYANSH KUMAR
173	PCE23CY021	DIXIT TAK
174	PCE23CY022	DOLI KHANDELWAL
175	PCE23CY041	MANVI KHANDELWAL
176	PCE23CY042	MRIDUL JAIN
177	PCE23CY043	MS.NAVYA SHARMA
178	PCE23CY056	SWARA RATHORE
179	PCE23CY061	VINEET KUMAR
180	PCE23CY062	YASH VIJAY
181	PCE23CY063	YASHWANT SINGH
182	PCE23CR005	ADITYA CHECHANI
183	PCE23CR015	CHELSEI JAIN
184	PCE23CR016	CHITRANSH SHARMA
185	PCE23CR018	DEEPANSHU SINGHAL
186	PCE23CR019	DEVENDER SINGH
187	PCE23CR020	DHAVAN KALAL
188	PCE23CR022	DIKSHA KUMARI
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193	PCE23CR043	PRANJAL AGARWAL
194	PCE23CR044	PRASHANT JANGID
195	PCE23CR045	PRATYUSH PRAKASH
196	PCE23CR049	RITHIK JANGID
197	PCE23CR050	RITU OJHA
198	PCE23CR051	RIYA BHARGAVA
199	PCE23CR052	ROHIT SAINI
200	PCE23CR053	SHIVIKA MATHUR
201	PCE23CR054	SHREYANSH JAIN
202	PCE23CR058	TASLIM KHAN

203	PCE23CR059	VATSAL SHARMA
204	PCE23CR060	VIPIN GUPTA

ATTENDANCE SHEET:

Poornima College of Engineering, Jaipur			
"UNIVERSAL HUMAN VALUES"			
DATE & DURATION: September 16, 2023 (2 hours)			
S.No.	Reg. No.	Name	16-09-2023
1	PCE23CE009	ARPIT SHARMA	Arpit
2	PCE23CE010	ARYAN	Aryan
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4	PCE23CE012	AVANI HARSANA	Avani
5	PCE23CE018	DIVYA KRISHNA SOYAL	Divya
6	PCE23CE019	DIVYANSH TIWARI	Divyansh
7	PCE23CE029	LOKESH SAINI	Lokesh
8	PCE23CE042	SUBHASH CHAND MAHARIYA	Subhash
9	PCE23CE052	YUVRAJ SINGH SHEKHAWAT	Yuvraj
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30	PCE23CS090	MAHI GAUTAM	Mahi
31	PCE23CS091	MANAN SUKHWAL	Manan
32	PCE23CS092	MANOJ SEERVI	Manoj
33	PCE23CS093	MAYANK	Mayank
34	PCE23CS094	MILI PRASAD	Mili
35	PCE23CS095	MOHIT KUMAR	Mohit
36	PCE23CS098	NAMAN DANGI	Naman

Faculty Coordinator
Dr. Ratnesh Sharma

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38	PCE23CS101	NAVNEET SAINI MALI	Navneet Saini
39	PCE23CS112	PARV JAIN	Parv
40	PCE23CS113	PAYAL AGARWAL	Payal
41	PCE23CS114	PIYUSH BHARDWAJ	Piyush
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44	PCE23CS117	PIYUSH SUTHAR	Piyush
45	PCE23CS132	PUNIT SHARMA	Punit
46	PCE23CS133	RAGHAV KAUSHIK	Raghu
47	PCE23CS134	RAHUL MARATHA	Rahul
48	PCE23CS135	RAVEENA DHAKAR	Raveena
49	PCE23CS136	RAVI KUMAR	Ravi
50	PCE23CS137	RAVI MAHAWAR	Ravi
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61	PCE23EE005	DHIRAJ BANSKUWA	Dhiraj
62	PCE23EE006	HIMESH SINGHVI	Himesh
63	PCE23EE011	MS LAXMI SAINI	Laxmi
64	PCE23EE016	PRATAP SINGH NARUKA	Pratap
65	PCE23EE017	PRINCY GARG	Princy
66	PCE23EE018	PRIYANSHU SHARMA	Priyanshu
67	PCE23EE019	RAHUL KUMAR CHOUDHARY	Rahul
68	PCE23EE021	ROHIT SISODIYA	Rohit
69	PCE23EE022	SACHIN MATHUR	Sachin
70	PCE23IT007	ANJALI KUMARI	Anjali
71	PCE23IT008	ANSHUL SINGH RAWAT	Anshul
72	PCE23IT009	ARNIM BHATNAGAR	Arnim

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74	PCE23IT019	DIVYANSH BHARDWAJ	<i>[Signature]</i>
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108	PCE23AD008	ARSHIL ALI	<i>[Signature]</i>

Faculty Coordinator
Dr. Ratnesh Sharma

[Signature]

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143	PCE23CA021	KULDEEP SHARMA	
144	PCE23CA022	KUNAL GUPTA	

Faculty Coordinator
Dr. Ratnesh Sharma

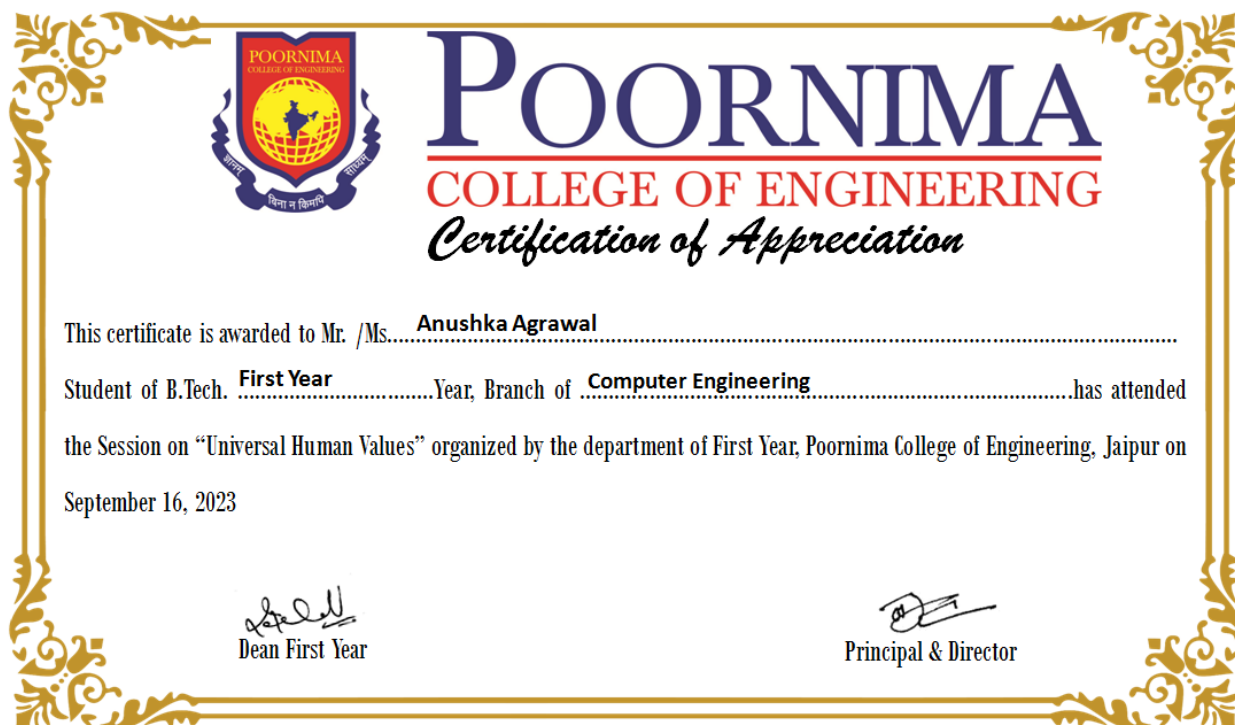
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"UNIVERSAL HUMAN VALUES"			
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S.No.	Reg. No.	Name	16-09-2023
145	PCE23CA023	KUNAL HARSINGHANI	<i>Kunal</i>
146	PCE23CA024	LUCKY GURJAR	<i>Lucky Gurjar</i>
147	PCE23CA025	MAYANK SHARMA	<i>Mayank</i>
148	PCE23CA026	MITANSHU KUMAR MEHTA	<i>Mitanshu</i>
149	PCE23CA027	MOXIT REWAR	<i>Moxit</i>
150	PCE23CA028	MS MUSKAN AGRAWAL	<i>Muskan</i>
151	PCE23CA036	MS RAKSHITA SHARMA	<i>Rakshita</i>
152	PCE23CA029	NAKUL JANGIR	<i>Nakul</i>
153	PCE23CA030	PARTH JAIN	<i>Parth Jain</i>
154	PCE23CA041	SACHIN KUMAWAT	<i>Sachin Kumawat</i>
155	PCE23CA051	SHRUTI JAIN	<i>Shruti Jain</i>
156	PCE23CA062	SUNDARAM SINGH	<i>Sundaram</i>
157	PCE23CA053	TANAY MILKY	<i>Tanay</i>
158	PCE23CA054	TANISHA NAGAR	<i>Tanisha</i>
159	PCE23CA055	TUSHAR	ABSENT
160	PCE23CA056	TUSHAR VERMA	<i>Tushar</i>
161	PCE23CA057	VANSH MAHAWAR	<i>Vansh</i>
162	PCE23CA062	VISHU BHATI	<i>Vishu</i>
163	PCE23CA063	YASH MANGAL	<i>Yash Mangal</i>
164	PCE23CY001	ADITYA SHARMA	<i>Aditya</i>
165	PCE23CY013	BHAVNA SOLANKI	<i>Bhavna</i>
166	PCE23CY014	BHAVYA CHHABRA	<i>Bhavya</i>
167	PCE23CY015	BHAWESH YADAV	<i>Bhawesh</i>
168	PCE23CY016	DEEPAK CHANDNANI	<i>Deepak</i>
169	PCE23CY017	DEVANSH MEWARA	<i>Devansh</i>
170	PCE23CY018	DIVYANI BHATI	<i>Divyani</i>
171	PCE23CY019	DIVYANSH BHATI	<i>Divyansh</i>
172	PCE23CY020	DIVYANSH KUMAR	<i>Divyansh</i>
173	PCE23CY021	DIXIT TAK	ABSENT
174	PCE23CY022	DOLI KHADELWAL	<i>Doli</i>
175	PCE23CY041	MANVI KHADELWAL	<i>Manvi</i>
176	PCE23CY042	MRIDUL JAIN	<i>Mridul</i>
177	PCE23CY043	MS NAVYA SHARMA	<i>Navya</i>
178	PCE23CY056	SWARA RATHORE	<i>Swara</i>
179	PCE23CY061	VINEET KUMAR	ABSENT
180	PCE23CY062	YASH VIJAY	<i>Yash</i>

Faculty Coordinator
Dr. Ratnesh Sharma

Poornima College of Engineering, Jaipur			
"UNIVERSAL HUMAN VALUES"			
DATE & DURATION: September 16, 2023 (2 hours)			
S.No.	Reg. No.	Name	16-09-2023
181	PCE23CY063	YASHWANT SINGH	Yashwant
182	PCE23CR005	ADITYA CHECHANI	Aditya
183	PCE23CR015	CHELSI JAIN	Chelsi
184	PCE23CR016	CHITRANSH SHARMA	Chitransh
185	PCE23CR018	DEEPANSHU SINGHAL	Deepanshu
186	PCE23CR019	DEVENDER SINGH	Devender
187	PCE23CR020	DHAVAN KALAL	Dhavan
188	PCE23CR022	DIKSHA KUMARI	Diksha
189	PCE23CR023	DIXIT JANGID	Dixit
190	PCE23CR024	GOURAV SONI	Gourav
191	PCE23CR028	HIMANSHU SUTHAR	Himanshu
192	PCE23CR042	PIYUSH GUPTA	Piyush
193	PCE23CR043	PRANJAL AGARWAL	Pranjal
194	PCE23CR044	PRASHANT JANGID	Prashant
195	PCE23CR045	PRATYUSH PRAKASH	Pratish
196	PCE23CR049	RITHIK JANGID	Rithik
197	PCE23CR050	RITU OJHA	Ritu
198	PCE23CR051	RIYA BHARGAVA	Riya
199	PCE23CR052	ROHIT SAINI	Rohit
200	PCE23CR053	SHIVIKA MATHUR	Shivika
201	PCE23CR054	SHREYANSH JAIN	Shreyansh
202	PCE23CR058	TASLIM KHAN	Taslim
203	PCE23CR059	VATSAL SHARMA	Vatsal
204	PCE23CR060	VIPIN GUPTA	Vipin


Faculty Coordinator
Dr. Ratnesh Sharma

SAMPLE CERTIFICATE:



FEEDBACK/ATTAINMENTS:

FEEDBACK ANALYSIS (2023-24)							
S.No.	Attributes	Total Feed Back					100
		>80% Objective Achieved, 60 to 79 %- Satisfactory, Below 60%, Need improvement					
1	Did the session meet its	Outstanding	Excellent	Good	Average	Satisfactory	Remark
		73.1958763	20	6.185567	1	0	Objective

	objectives?	73.20	19.59	6.19	1.00	0.00	Achieved - Outstanding & Excellent (94.58%)
2	Did you find the contents useful?	Outstanding	Excellent	Good	Average	Satisfactory	Remark
		73.1958763	20	6.185567	1	0	Objective Achieved - Outstanding & Excellent (82.47%)
		73.20	19.59	6.19	1.00	0.00	
3	Did it help students to enhance their skills or learnings?	Outstanding	Excellent	Good	Average	Satisfactory	Remark
		73.1958763	20	6.185567	1	0	Objective Achieved - Outstanding & Excellent (84.54%)
		73.20	19.59	6.19	1.00	0.00	
4	Was the Audio Video Quality satisfactory in case of online sessions?	Outstanding	Excellent	Good	Average	Satisfactory	Remark
		73.1958763	20	6.185567	1	0	Objective Achieved - Outstanding (83.51%)
		73.20	19.59	6.19	1.00	0.00	
5	Did you receive uninterrupted Connectivity in case of online	Outstanding	Excellent	Good	Average	Satisfactory	Remark
		73.1958763	20	6.185567	1	0	Objective Achieved - Outstanding & Excellent
		73.20	19.59	6.19	1.00	0.00	

	sessions?						(85.57%)
6	How do you rate this session overall?	Outstanding	Excellent	Good	Average	Satisfactory	Remark
		73.1958763	20	6.185567	1	0	All the sessions of the five years were conducted offline and online mode at the time of Covid
		73.20	19.59	6.19	1.00	0.00	
Overall Remark:- These kind of sessions should be conducted in the future too for more awareness.							

NOTICE:



POORNIMA

COLLEGE OF ENGINEERING

Affiliated to RTU, Kota • Approved by AICTE & UGC under 2(f) • NAAC A+ Accredited

PCE/FY/DO/2023-24/014

Date: 12/09/2023

NOTICE

Session on Universal Human Values

Department of I year is organizing a Session of 'Universal Human Values' on 16th September, 2023 for the students of I year. All the students are advised to attend the same.

Date- 16th September, 2023

Venue- CG - 05

Time- 1:30 pm – 3:00 pm

Invited Speakers- Dr. Sunil Dhand & Ms. Vartika Jain

The students are required to be present at the venue on time. For further query you may contact the Faculty Coordinator.


Dr. Kuldeep Sharma
Assoc. Professor


Dr. Rekha Nair
Dean (First Year)

ISI-6, RIICO Institutional Area, Sitapura, Jaipur – 302 022 (Rajasthan)
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