

3 DAYS ONLINE TRAINING PROGRAM ON

Physical and Mental Well-being of Youth in Changing Scenario of Technological World

20th - 22nd February, 11:00 AM - 1:00 PM



Jointly organized by :

**NATIONAL INSTITUTE OF DISASTER MANAGEMENT(NIDM)
Ministry of Home Affairs, Govt. of India**

&

**INDIAN INSTITUTE OF TEACHER EDUCATION (IITE)
Sector-15, Kh Road, Gandhinagar**

TABLE OF CONTENT

SR.NO	CONTENT	PAGE NUMBER
1.	Poster of Training	1
2.	Introduction of Training Program	2
3.	Background of the program	4
4.	Details of the program	8
5.	Day 1 20th February, 2023	9
6.	Day 2 21st February, 2023	11
7.	Day 3 22nd February, 2023	12
8.	Key Takeaways	14
9.	Presentation	15
10.	Program Schedule	20
11.	List of Participants	22

3 Days Online Training Program on

Physical and Mental Well-being of Youth in Changing Scenario of Technological World

Date : 20, 21, 22 February, 2023 | 11:00 AM - 1:00 PM

Registration Link

<https://training.nidm.gov.in/>

Program Link

<https://meet.google.com/bjt-vewj-fhk>

Patron

Shri Rajendra Ratnoo, IAS
Executive Director
NIDM



Dr. Harshad A Patel
Vice Chancellor
IITE, Gandhinagar, Gujarat

Convener



Prof. Santosh Kumar
Head
GiDRR Division, NIDM



Prof. Prerana Shelat
Director
CoE, IITE

Speakers



Dr. Dipti Oza
Ret. Professor
Dept. of Education
The M.S.U. of Baroda



Dr. Chintan Upadhyay
Prof. & Head
Dept. of Gynec.
N. D. Desai Medical college



Dr. Hemant Maurya
Assistant Professor
CoE, IITE



Dr. Manali Davra
Yoga Expert
Gujarat



Dr. Jayati Vachchani
Consultant Physician
Gujarat



Dr. Puja Rajde
Consultant Ophthalmologist
Gujarat

Program Co-ordinators



Mr. Vivek Sharma
Young Professional
NIDM



Mr. Ali Haider
Junior Consultant
NIDM



Dr. Roshni Adiyecha
Assistant Professor
CoE, IITE



Dr. Sheetal Helaiya
Assistant Professor
CoE, IITE



Dr. Priyanka Patel
Assistant Professor
CoE, IITE



Ms. Zeel Patel
Assistant Professor
CoE, IITE

Moderators



Mr. Prabhjyot Singh
NIDM



Ms. Shipra Das
NIDM



Day 1 :

<https://youtube.com/live/HP496XhjiDc?feature=share>

Day 2 :

<https://youtube.com/live/GGdW8BuZ9zE?feature=share>

Day 3 :

https://youtube.com/live/WiufvZ6_UDI?feature=share

Jointly organized by

National Institute of Disaster Management (NIDM)

Ministry of Home Affairs, Govt. of India

Plot No. 15, Pocket-3, Block-B, Sector-29,

Rohini Delhi-110042

&

Indian Institute of Teacher Education (IITE)

Sector-15, Kh Road, Gandhinagar

Website : www.iite.ac.in

Website : www.nidm.gov.in

The National Centre of Disaster Management (NCDM), constituted under an Act of Parliament in 1995; was re-designated to give the present name of National Institute of Disaster Management (NIDM) by the Disaster Management Act 2005 passed by President of India on 9 January 2006.

The National Disaster Management Act of 2005 granted the Institute statutory organization status. The Act holds the Institute responsible for "planning and promoting training and research in the area of disaster management, documentation and development of national level information base relating to disaster management policies, prevention mechanisms and mitigation measures"

NIDM works under government's directives to train and conduct periodic checks to regulate effective earthquake and disaster control policies throughout the country with support from semi-government, private firms and NGOs. It also conducts mock drill, crises communication and a hazard hunt exercise among their staffers every two to three months. The mission of NIDM is to work as consulting agency for the Government by providing assistance in policy formulation and to facilitate in reducing the impact of disasters through its technological innovations.

PROGRAM TEAM

PROGRAM PATRONS

Shri Rajendra Ratnoo, IAS, Executive Director, NIDM

Dr. Harshad Patel, Vice Chancellor, IITE

PROGRAM CONVENER

Prof. Santosh Kumar, Head, GiDRR Division, NIDM

Dr. Prerana Shelat, Director, Centre of Education, IITE

PROGRAM CO-ORDINATORS

Mr. Vivek Sharma, Young Professional, NIDM

Mr. Ali Haider, Junior Consultant, NIDM

Dr. Roshni Adiyecha, Assistant Professor, CoE, IITE

Dr. Sheetal Helaiya, Assistant Professor, CoE, IITE

Dr. Priyanka Patel, Assistant Professor, CoE, IITE

Ms. Zeal Patel, Assistant Professor, CoE, IITE

MODERATORS

Mr. Prabhjyot Singh, NIDM

Ms. Shipra Das, NIDM

IT Team, IITE University

BACKGROUND OF THE PROGRAM

In the world of technology, we can not think to be away from it. In one or other way we are making use of technology. Now it has become a crucial part of our day to day life. Impact of technology is not only limited to individual life but its effect can be experienced in every field. It has created opportunity not for the individual but also for the nation to grow. It has provided wings to explore the universe. The major positive impact of technology which has benefitted every individual life is the easiness in communicating with others. It has provided us with a virtual world which allows us to be present anywhere and anytime, and allows us to stay connected with people all over the world with one click.

During the Covid-19 pandemic, technology was the one of the sources which has provided support to win the war. It has made possible to provide medical assistance with ease. People had served their professional responsibility from home at virtual workplace. Education during the pandemic was made possible only via online mode. It has made easy and safe to carry out economic transition by providing platform of online / digital transaction. People has started shifting from traditional mode to digital and online mode for carry out financial transaction. As people are at home and might be sometime they had to maintain social distance at their home, to kill their hard time, their dependency and amount of time spend with mobile or other e-gadgets has increased. People are more active on social media or they do spend more time with their e-gadgets. As it correctly said that excess is always injurious to health.

Excess use of technology has been proved harmful to us. By the excessive use of it certain problems like addiction, depression, inferiority, low memory retention span, low vision, low fertility, etc. may face by the people. It leads to mental or physical problem which may affect their future.

According to India Social Media Statistics (2022), Facebook, WhatsApp, Instagram and Telegram are most popular social media platform. The constant use of social media leads to exposure to risky content, change in behavioural patterns, feelings of inferiority and even cyberbullying, resulting in grave mental health challenges and illness (Chauhan, S & Yachu S., 2022). If the same behaviour continue for long duration then it may lead to adaptation of undesirable behaviour by the people. The youth (18-30 years) and middle-aged (30-45 years) were the major groups attempting suicide, accounting for 34.1% and 32.2% of suicides respectively. Cause were virtual abuse, online gaming addiction, peer pressure, cyberbullying, fear of failure in examination, etc. (NCRB, 2014) So, it's need of the hour to train the youth regarding their mental and physical health.

SPECIAL ADDRESS:



Dr. Harshad Patel

Vice-Chancellor of Indian Institute of Teacher Education (IITE), Gandhinagar.

Dr. Harshad Patel is a committed teacher educator at the core of his heart. He firmly believes that the faculty of Teacher Education holds areal power to transform the nation through education. Dr. Patel is leading IITE –a sectorial university dedicated to Teacher Education established by Hon. Shree Narendra Modi. He is also leading Children's University, Gandhinagar as In-charge Vice Chancellor. He is member of WRC, NCTE and various national level committees related to Teacher Education. Dr. Harshad Patel's scholarly personality is combination of deep understanding of society, sharp analytical, evaluation, innovation, research, and communication skill with positive outlook to the world.

INAUGURAL ADDRESS :



**Shri Rajendra Ratnoo,
IAS, Executive Director, NIDM. India.**

Shri Rajendra Ratnoo is an IAS officer. He is presently serving as Executive Directorate, NIDM. Before joining NIDM, he was working as Joint Secretary, Department for Promotion of Industry and Internal Trade (DPIIT), Ministry of Commerce and Industry, Government of

He has served the state of Tamil Nadu in various capacities in different sectors including, Tsunami Rehabilitation, Rural Development, Fisheries, Shipping, Urban Governance, Technical & Higher Education, Disaster Management, etc. He was also the District collector in cuddalore & Kanyakumari Districts. Shri Ratnoo brings with him a wealth of experience in managing a variety of disaster situations including Tsunami, Floods, Cyclones, Oil Spill, Risk mitigation for Chemical Disaster, Fire emergencies as well as health emergencies including swine flu, dengue and COVID-19.

Shri Rajendra Ratnoo awarded the Prime Minister's National Award for effective implementation of NREGS works. He was recognized as the 'Best Collector' for effective Public Grievance Redressal in his district for which he won the chief Minister's Award twice. He has been conferred 'Yuva Ratna' Award by the Governor of Rajasthan and Professional Efficiency Award by Rotary International.

DETAIL OF TRAINING PROGRAM

INTRODUCTION AND BRIEF OF THE PROGRAM:

Dr. Roshni Adiyecha, Ph. D. in the subject of Botany, serving as an Assistant professor at IITE, having more than 10 years of teaching experience, published 9 research publication in national and international journals. She has also served as Head of the department (Botany) at IITE. She has briefed about the selection process of the title of seminar and selection of the relevant experts for 3 days training programme. She has also brief about the schedule of the programme.



KEYNOTE ADDRESS :

Prof. Santosh Kumar is engaged in disaster risk reduction process is since 1995. A Disaster Risk Reduction, Policy Planning and Capacity Development expert more than 25 years of experience in different positions in the Development Planning and DRR Sector. A Ph.D. in Economics, he studied Gender & Development in IDS, Sussex, UK and received professional training in Disaster risk Management from Israel, backed with International work exposure at The World Bank and Inter- governmental body of SAARC. He has also worked at state levels in different capacities in UP Academy of Administration, Nainital and RIPA, Jaipur. He is an experienced hand in designing, Planning and implementing mitigation and long-term disaster recovery plan and projects. He brings with him rare combination of operations and academia. His experience of working at the grass root to national to international level in all aspects spanning DRR is an added value. His specializes in disaster management planning, Post disaster loss and need assessment, Recovery and inclusive Disaster Risk Reduction. His insight of bringing development into disaster risk reduction has also allowed new thinking in the framework. At the international level he has been contributing in shifting International and national policies by engaging himself in dialogues, negotiations and participating in international strategic conferences.



DAY 01, 20th February 2023: INAUGURAL SESSION

The 3 Days Online Training Program was organised by Indian Institute of Teacher Education with the support from the National Institute of Disaster Management (NIDM), Ministry of Home Affairs, Govt. of India.

The program was initiated with the Deep pragtya and shloka chanting. The whole training program was nicely anchored by Ms. Supriya Ranjan and Ms. Dhruti kakkad. It was started with the introduction of the whole program by Dr. Roshni Adiyecha.

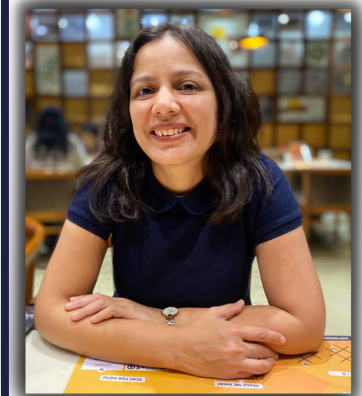
DR. CHINTAN UPADHAY, A Professor, Head of Gynec Department, Dr. N. D. Desai Medical College and Hospital, Nadiad. He has shared his expertized on the topic “IMPACT OF USE OF TECHNOLOGY ON GYNAECOLOGICAL ISSUES”. He has emphasized on the gynecological problem caused due to excessive use of technology. He mentioned that nowadays problems related to menstrual cycle disturbance, reduction in sperm count and mobility, problems in child birth, kids born with disabilities has increased as a result of excessive use of technology. He has also highlighted ways to improve the health.



Prof. DIPTI OZA, Ret. Professor, Department of Education (CASE), The M. S. University of Baroda. She has shared her experience and expertized on the topic "IMPACT OF USE OF TECHNOLOGY ON MENTAL HEALTH". During her talk, she has highlighted various issues related to mental health due to excessive use of technology. Many psychological disorders have emerged irrespective of age as result of excessive use of technology. She has also emphasized about the use of technology wisely to become mentally healthy.



Dr. PUJA RAJDE, M.B.B.S, D.O.M.S., Consultant ophthalmologist, Shreeji Eye Hospital and Phaco Centre, Ahmedabad. She gave the session on “IMPACT OF USE OF TECHNOLOGY ON YOUTH: VISION”. In her talk, she has mentioned that excessive use of technology leads to various diseases related to vision at early age. Radiation and blue ray effective human eyes. It is always advisable to adopt golden rule of 20-20-20 for reducing effect of technology of vision. She suggested to encourage children to play out door games rather than online games for better vision.



Dr. HEMANT MAURYA, Assistant Professor, Centre of Education, IITE, Gandhinagar. He has conducted the session on “IMPACT OF USE OF TECHNOLOGY ON MENTAL HEALTH OF YOUTH”. He has started his presentation by detailed explanation of the topic. He gave overview of types of technology and its use. He detailed out positive and negative impact of media on our mental health.

He has emphasized on the various approach to deal with the mental issues created by use of social media platforms.

Dr. MANALI DAVRA, Chief Ayurvedic Consultant at Omkar Wellness Center, Yoga Therapist. An ayurvedic lecturer and yoga instructor at Lakulish Yoga University.

She has delivered session on topic "YOGA : A WAY TOWARDS MENTAL AND PHYSICAL FITNESS". During her session, she has discussed about problems of teenagers in technological era. She has mentioned about the types of yoga and how does yoga and meditations facilitate in reducing stress and become physically and mentally healthy wellbeing.



Dr. JAYATI VACHHANI, BNYS from Gujarat Ayurveda University, M.Sc. Ashtang Yoga from Lakulish Yoga University and presently working as Consultant Naturopath, Aatmabhava–A Virtual Wellness Studio.

She gave a session on “NATUROPATHY FOR HEALTH IN YOUTH”. During her session, she has focused on naturopathy as way to live healthy life. She has discussed about how does present day life style leads to problems like obesity, heart diseases, etc. at early stage of life. She mentioned that by naturopathy we become physically and mentally healthy.

Valedictory Address

DR. PRERANA SHELAT, Director, Center of Education, IITE Gandhinagar. She has more than 20 years of teaching experience in the field of teacher education, 17 research publication and 6 projects completed. She has delivered the valedictory address and spoke on why the 3-day training was beneficiary to the youth. She in her address mentioned that the technology that we use is a boon as well as a curse based on how and at what extend do we use it. She also shared some statistics on the technological usage. She emphasized on that how digital technology is a factor that affects the complete and overall development of cognitive, social and communication skills in the youth.

She praised the initiative taken by both the organisation, NIDM and IITE who jointly organised this training programme to create an awareness among the youths.



Concluding Remarks

MR. ALI HAIDER graduated in Civil Engineering and holds a masters in Environmental Engineering. He is engaged professionally in the field of Disaster Management. He concluded the 3-Day training program in which firstly he jointly thanked IITE and NIDM for their efforts in organizing the program. He stated that they have added this concept in their agenda in the latest change. He praised the efforts given by the anchors of the program, the organization team, honorable vice chancellor Dr. Harshad Patel. He spoke about How cyber security and related issues are included under the Disaster management. He thanked team IITE participants who made the program





KEY TAKEAWAYS

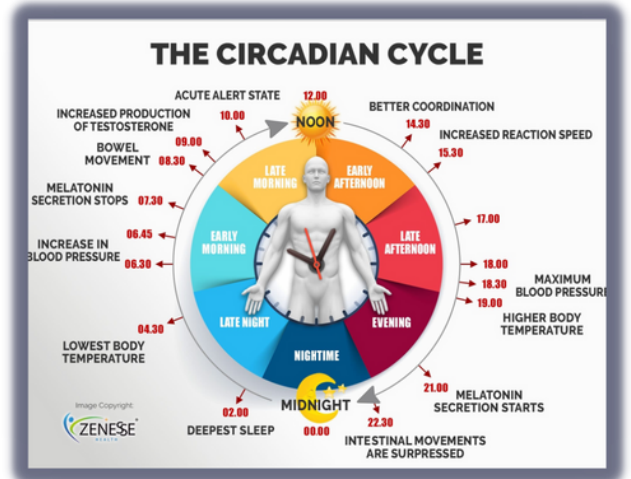
1. **Maintaining mental and physical health is in our own hands.**
2. **Practice golden 20-20-20 rule while using technology.**
3. **Wisely make a use of technology for next healthy generation. As Reproductive system is adversely affected by the radiations released from cellphones.**
4. **Yoga and meditation are the most viable option to keep yourself fit and healthy.**
5. **Move to nature to maintain 5 elements (Air, Fire, Earth, Water & Space) of our body. Avoid fast food and unhealthy life style.**
6. **Technology is to facilitate in our life and not to harm our health.**
7. **Need to keep mental well-being the priority to cope up with stress.**

Day 1 : 20 FEB, 2023

SESSION 1 : DR. CHINTAN UPADHYAY

Impact of use of Technology on Gynecological issues

Dr. Chintan Upadhyay
Professor and Head
Department of OBGY
NDDFMSR, Nadiad



SESSION 2 : PROF.(DR.) DIPTI OZA

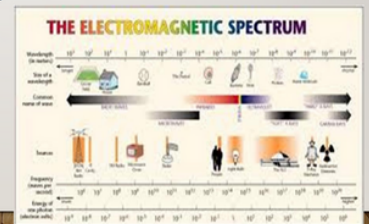
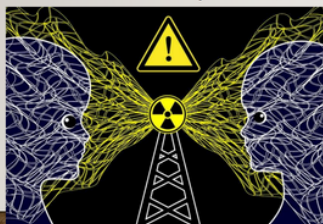
IMPACT OF USE OF TECHNOLOGY ON MENTAL HEALTH

PROF.(DR.) DIPTI OZA




ELECTROMAGNETIC FIELD (EMF) OR RADIATION

Electromagnetic field (EMF) or radiation is defined as the flow of photons in space. The photons contain energy and depending on the amount of energy found in these photons, different types of radiations are defined.



Day 2 : 21 FEB, 2023

SESSION 1 : DR. PUJA RAJDE



ANATOMY OF EYE

DR. PUJA THAKKAR RAJDE,
CONSULTANT OPHTHALMOLOGIS
B-703, PRAYAG RESIDENCY, OPP.
NIRMA SCHOLL., BODAKDEV,
AHMEDABAD, GUJARAT

GOLDEN 20-20-20 RULE

The 20-20-20 rule is a tactic widely used to avoid digital eye strain symptoms. The concept is simple: **Every 20 minutes, look up from your screen and focus on an item approximately 20 feet away for at least 20 seconds.** Focusing on an item in the distance allows our eye muscles to relax after being subjected to prolonged screen time.

SESSION 2 : DR. HEMANT KUMAR MAURYA

IMPACT OF USE OF TECHNOLOGY ON MENTAL HEALTH OF YOUTH

By: Dr. Hemant Kumar Maurya, Assistant Professor, IITE Gandhinagar

SOCIAL MEDIA

- Social refers to – Relating to Society
- Media refers to – Make Connection with Others
- Social Media – Media use for Social Interaction



Day 3 : 22 FEB, 2023

SESSION 1 : DR. MANALI DAVRA



Yoga: a way towards Mental & Physical fitness

Dr. Manali Davra Radadiya
(B.A.M.S., M.A.)

A Chief Ayurveda Consultant & Yoga Therapist at *Omkar Wellness Centre*
An Ayurveda Lecturer & Yoga Instructor at *Lakulish Yoga University*



- Balancing posture
- Meditation
- Pranayamas like Anulom vilom, Omkar, Bhramari etc
- Mantra chanting

SESSION 2 : DR. JAYATI VACHHANI

Naturopathy for Health in Youth

Dr. Jayati A. Vachhani

[B.N.Y.S. - Gujarat Ayurveda University]
[M.Sc. Ashlang Yoga - Lakulish Yoga University]
Consultant Naturopath at Aatmabhava - A Virtual Wellness Studio

Naturopathy Therapies

- Turban Therapy or Head Compress
- Cold Eye compress
- Abdominal cold compress
- Warm foot bath
- Cold/hot showers (alternate)

SPEAKERS: DAY-1



Dr. Chintan Upadhyay
Prof. & Head, Department of Gynec.,
N. D. Desai Medical college, Nadiad



Dr. Dipti Oza, Ret. Professor,
Department of Education, Faculty of Education,
The M.S. University of Baroda, Vadodara

SPEAKERS: DAY-2



Dr. Puja Rajde
Consultant Ophthalmologist



Dr. Hemant Maurya
Assistant Professor (Special Education)
IITE, Gandhinagar

SPEAKERS: DAY-3



Dr. Manali Davra
Yoga Expert, Gujarat



Dr. Jayati Vachhani
Consultant Physician

PARTICIPANTS PROFILE

The participants for the training Programme were students and faculties of IITE and across nation. Participants registered on NIDM portal to receive certificate post completion of the training program. Over 225 participants attended the Programme via Google Meet per day and watched YouTube live streaming of the Program on the all the 3 days.

Google meet Link : <https://meet.google.com/bjt-viewj-fhk>.

The YouTube links for the training Programs are as follows:

- 20 FEB 2023: <https://youtube.com/live/409SxETH6Ko?feature=share>
- 21 FEB 2023: https://youtube.com/watch?v=c_Fw19ftrKo
- 22 FEB 2023: https://www.youtube.com/watch?v=ul_VFv2Qugg

PROGRAM SCHEDULE

Day 1 (20/02/2023)

Session	Resource Person	Time
Introduction and Brief of the Program	Dr. Roshni Adiyecha, Assistant Professor, IITE	11.00 to 11.05 am
Welcome Address	Mr. Prabhjyot Singh, NIDM	11.05 to 11.15 am
Keynote Address	Prof. Santosh Kumar, Head, GiDRR Division, NIDM	11.15 to 11.20 am
Inaugural Address	Shri Rajendra Ratnoo, IAS, Executive Director, NIDM	11.20 to 11.25 am
Special Address	Dr. Harshad A. Patel, Vice Chancellor, IITE	11.25 to 11.30 am
Technical Session 1	Dr Chintan Upadhyay Prof. & Head, Department of Gynec., N. D. Desai Medical college, Nadiad	11.30 a.m. to 12.10 pm
Technical Session 2	Dr Dipti Oza, Ret. Professor, Department of Education, Faculty of Education, The M.S. University of Baroda, Vadodara	12.10 p.m to 12.50 pm
Open House (Q and A) & Vote of Thanks	Dr. Sheetal Helaiya, Assistant Professor, IITE	12.50 to 1.00 pm

Day 2 (21/02/2023)

Session	Resource Person	Time
Recap of Day 1	Ms. Zeal Patel, Assistant Professor, IITE	11.00 to 11.05 am
Welcome Address	Mr. Prabhjyot Singh NIDM	11.05 to 11.10 am
Technical Session 3	Dr. Pooja Rajde, Consultant Ophthalmologist,	11:10 am-12.00 pm
Technical Session 4	Dr Hemant Maurya, Assistant Professor (Special Education), IITE, Gandhinagar	12.00 to 12.50 pm
Open House (Q and A)	Ms. Supriya Ranjan & Ms. Dhruvi Kakkad	12.50 to 12.55 pm
Vote of Thanks	Ms. Zeal Patel, Assistant Professor, IITE	12.55 to 1.00 pm

Day 3 (22/02/2023)

Session	Resource Person	Time
Recap of Day 1 & 2	Dr. Priyanka Patel, Assistant Professor, IITE	11.00 to 11.05 pm
Welcome Address	Ms. Shipra Das, NIDM	11.05 to 11.10 pm
Technical Session-5	Dr. Manali Davra, Yoga Expert, Gujarat	11.10 to 11.55 pm
Technical Session-6	Dr. Jayati Vachhani, Consultant Physician	11.55 to 12.40 pm
Open House	Ms. Supriya Ranjan & Ms. Dhruvi Kakkad	12.40 to 12.45 pm
Valedictory Address	Dr. Prerana Shelat, Director, CoE, IITE	12.45 to 12.50 pm
Concluding Remarks	Mr. Ali Haider, Junior Consultant, NIDM	12.50 to 12.55 pm
Vote of Thanks	Dr. Roshni Adiyecha, Assistant Professor, IITE	12.55 to 1.00 pm

PARTICIPANT LIST

Sr. No.	First name	Email
1	Abhishek V Yadav	ayyadav233@gmail.com
2	Aditya Dubey	dubeyaditya65@gmail.com
3	Afroz Alam	afrozalam4660@gmail.com
4	Ahmad Mudasir	mirprince4@yahoo.in
5	Ajit Prasad	prasadajit8@gmail.com
6	Akhil Maheshchandra Roat	0101010220210183@iite.ac.in
7	Altaf Raja	altafrajaji111@gmail.com
8	Amit Kumar	amitkumar241295@gmail.com
9	Amnabanu Rafikbhai Mansuri	0101010220210140@iite.ac.in
10	Anjali Verma	anjusktv@gmail.com
11	Ansu Raut	ansuraut0206@gmail.com
12	Antara Sirsat	antara.sirsat@sanskritischoolpune.org
13	Anvi	0101010120220069@iite.ac.in
14	Arpita Joshi	arpitajoshi4871@gmail.com
15	Arun Achole	arunachole@gmail.com
16	Aruna Dalai	aruna7876@gmail.com
17	Ashish Gupta	connect@advag.in
18	Ashish Singh	rockyashu76@gmail.com
19	Asrar Ahmad	asrasahmad07@gmail.com
20	Asthaben vinaybhai Rathod	0101010220210128@iite.ac.in
21	AsthaPatel	chaudharyastha2003@Gmail.Com
22	Avinash V Aneraye	avinashaneraye1994@gmail.com
23	Ayushi Mevada	mevadapiyush243@gmail.com
24	Ayushi Mevada	0101010120220006@iite.ac.in
25	Azim Uddin	azeemuddin1562@gmail.com
26	Balmiki Singh	balmikibhagalpur@gmail.com
27	Bansi Vayeda	vayedabansi@gmail.com
28	Bhanu Solanki	bhanu.solanki2802@gmail.com
29	Bhargav Raval	bhargavraval9504@gmail.com
30	Bhumi Panchal	niteshpanchal911@gmail.Com
31	Bikki Singh	bikkissingh@gmail.com
32	Bir Bahadur	brbahadur07@gmail.com
33	Chandan Jha	vats.Chandan@gmail.com
34	Chhabi Sharma	chhabilsharma04@gmail.com
35	Darshan Patel	darshupatidar6923@gmail.Com
36	Darshna Likhada	darshanal@iite.ac.in
37	Darwin	darwinpauledison@gmail.com
38	Dattatraya Patil	dattatrayap47@gmail.com
39	Deepanshu Lakra	deepanshulakra1107@gmail.com
40	Deepika choure	15deepikachoure@gmail.com
41	Deepti Pande Rana	dprana@lko.amity.edu

PARTICIPANT LIST

Sr. No.	First name	Email
42	Dev Parixit Thakar	0101010220210181@iite.ac.in
43	Deva Ram	devaram280797@gmail.com
44	Devaki Gajjar	0101010120220071@iite.ac.in
45	Devarsh Raval	ravaldevarsh423@gmail.com
46	Devashreeba Vala	0101010220210184@iite.ac.in
47	Devisri Pillai	devisripillai@gmail.com
48	Dhananjay Deshmukh	dhananjayd@iite.ac.in
49	Dhara Kanjariya	kanjariyadhara001@gmail.com
50	Dhara Patel	dharapatel2022year@gmail.com
51	Dheeraj Kumar	dheerajrajkmr46@gmail.com
52	Dhruti Kakkad	dhrutikakkad25@gmail.com
53	Dhruv M Patel	0101010120220061@iite.ac.in
54	Dhruv Mukeshbhai Patel	0101010220210187@iite.ac.in
55	Dhruvilkumar Modi	0101010120220005@iite.ac.in
56	Disha Thakkar	0101010120220010@iite.ac.in
57	Divyarajsinh Parmar	dbparmar904@gmail.com
58	Dr. Adwin Jose	adwinjose@gmail.com
59	Dr. Chandrasekhar Vallepalli	drvchandrasekhar@gmail.com
60	Dr. Dinesh Pandit	dpandit@hotmail.com
61	Dr. Indira Srivastava	isrivastava89@gmail.com
62	Dr. Prem Raj P.	drpremrjp@nitc.ac.in
63	Dr. Prof. Ing Gurudutt Sahni	drguruduttsahni@rediffmail.com
64	Dr. Sandeep Gangrade	gangrade.sandeep@gmail.com
65	Dr.Himanshu Yajurvedi	drhim1020@gmail.com
66	Drashti Panchal	panchaljay026@gmail.com
67	Durgaprasad G.	durgaprasad.galiparthi@gmail.com
68	Er. Deepak Tiwari	tiwari.ritik.9831@gmail.com
69	Ezra CL	621PHDPA007@mcc.edu.in
70	Farhin Afzal	farhinafzal27@gmail.com
71	Gaurav Thakur	gauravthakur649@gmail.com
72	Gita Bhetariya	gitabhetariya51@gmail.com
73	Gita Hamirbhai Bhetariya	0101010220210149@iite.ac.in
74	Govindbhai Rabari	0101010120220058@iite.ac.in
75	Harman Kaur	harman35k@gmail.com
76	Harshaben Bhagvanbhai Dodiya	0101010220210146@iite.ac.in
77	Harvi Solanki	0101010120220019@iite.ac.in
78	Hemant Prajapati	hemantkumarp@iite.ac.in
79	Het Parmar	hetparmar1874@gmail.com
80	Hetal Chauhan	heta14122003@gmail.Com
81	Himanshi Awasthi	himanshi130820@gmail.com
82	Hitarth Joshi	arpitajoshi4871@gmail.com

PARTICIPANT LIST

Sr. No.	First name	Email
83	Indrani T.	indranijaya@gmail.com
84	Isha Bheda	0101010120220003@iite.ac.in
85	Isha Dave	ishadave20@gmail.com
86	Ishfaql Haque	gm2249@myamu.ac.in
87	Jainil	0101010220210167@iite.ac.in
88	Jay Khaniya	navin898087@gmail.com
89	Jayesh Manvar	jayeshmnvr@gmail.com
90	Jaypreetha Macintyne	jaypreetha@gmail.com
91	Kajol Mondal	Kajolmondal038@gmail.com
92	Kalika Hadiyel	kalikahadiyel@gmail.com
93	Kanan Vanrajsinh Parmar	0101010220210112@iite.ac.in
94	Kavita Pawar	kavita.pawar@sanskritischoolpune.org
95	Kavitaben Chaudhari	0101010120220032@iite.ac.in
96	Kena Oza	kenaoza2003@gmail.com
97	Keshav Khetiya	khetiyakeshav@gmail.com
98	Ketul Patel	ketulpatel2338@gmail.com
99	Keturpari Gopalpari Goswami	0101010220210150@iite.ac.in
100	Keyur Goswami	keyurgoswami1806@gmail.com
101	Khasiya Bhavesh	khasiyabhavesh223@gmail.com
102	Khushi Badmaliya	0101010120220025@iite.ac.in
103	Khushi Pandhi	kpandhi.3478@gmail.com
104	Khushi Patel	kmpatel0703@gmail.com
105	Khushiben Prajapati	0101010120220013@iite.ac.in
106	Khushi Patel	0101010220210126@iite.ac.in
107	Kiran Pavra	kiranpavra24@gmail.com
108	Kirtan Swaroop Bhardwaj	0101010220210165@iite.ac.in
109	Kishan	0101010120220063@iite.ac.in
110	Kishan Kansara	0101010220210160@iite.ac.in
111	Komal Singh	0101010120220056@iite.ac.in
112	Kratika Pandey	kratikapandey229@gmail.com
113	Krima Patel	0101010120220017@iite.ac.in
114	Krishna Chandra Jha	krishna.chandrajha754502@gmail.com
115	Krishna Kava	kavakrishna07@gmail.com
116	Krishnanand Jha	krishnanandjha89@gmail.com
117	Kuldeep Paswan	Kuldeepsharma3204@gmail.com
118	Kumar Ganesan	Kuldeeppaswan93@gmail.com
119	Kuntal Parv	0101010120220037@iite.ac.in
120	Laura Phebe Jayseeli J.	phobelaura96@gmail.com
121	Lubna S.	s_lubna2004@yahoo.co.in
122	Madhusudan	madhusudhan@tkrcet.com
123	Mahendra Baraiya	baraiyamahendra9032@Gmail.Com
124	Mandeep Kumar	mandeep333kumar@gmail.com

PARTICIPANT LIST

Sr. No.	First name	Email
125	Manoj Kumar Jha	manoj61367@gmail.com
126	Manoj Pandey	manoj.pandey@mountliterarah.org
127	Manvar Jayeshkumar	0101010120220047@iite.ac.in
128	Mauli Joshi	maulijoshi28@gmail.com
129	Md. Ali	aliwushusports@gmail.com
130	Mittal Nivedita	nivedita.mittal312@gmail.com
131	Mitva Dave	0101010220210134@iite.ac.in
132	Mohamadmatin Quadari	0101010220210159@iite.ac.in
133	Mohammad Kawsar	mdkawsar@gmail.com
134	Mohammednoman Kasmani	kasmaninoman7@gmail.com
135	Mohini Desai	punambdesai@gmail.com
136	Mr. Ankit	mr.ankit1108@gmail.com
137	Muskan Kacha	muskankacha26@gmail.com
138	Muthuraj L.	muthurajl.ug.20.ci@francisxavier.ac.in
139	Nanditha P. J.	pj.nanditha@gmail.com
140	Natarajan Gopalan	gopalan@cutn.ac.in
141	Nikunj Ramanbhai	nikunjramanbhai46472@gmail.com
142	Nirmal Paul	nirmalpaul.741404@gmail.com
143	Nisarg Agravat	agravatnisarg@gmail.com
144	Pal Dadhania	dadhaniapal@gmail.com
145	Paras Uchat	parasu@iite.ac.in
146	Paresh Vandra	pareshvandra99@gmail.com
147	Parth Gaud	parth.gaud270123@paruluniversity.ac.in
148	Parth Pandav	parthpandav99@gmail.com
149	Pradeep Verma	drpradeepverma0205@gmail.com
150	Pradip Shelke	pradipshelke49@gmail.com
151	Pragtiben Ninama	0101010220210186@iite.ac.in
152	Pratap Singh Rana	ranapratapgkp91@gmail.com
153	Prince Khatri	princegirachh270@gmail.com
154	Priti Kumari	tukulpriti@gmail.com
155	Priyank Javia	priyankjavia60@gmail.com
156	Priyanka Patel	patelpriyanka1792@gmail.com
157	Priyanka Puri	priyanka.puri@mirandahouse.ac.in
158	Priyanshiben Rajput	0101010120220068@iite.ac.in
159	Priyanshu Vanecha	priyanshu.vanecha2602@gmail.com
160	Prof.Dr. I. Manavalan	imanavalan56@gmail.com
161	Prutha Chaudhary	0101010120220038@iite.ac.in
162	Rajan Kumar Sharma	rajan.sharmanov1991@gmail.com
163	Rajveersingh Zala	0101010120220046@iite.ac.in
164	Ramesh P.	rameshketpoly10@gmail.com
165	Rashmi Baria	rashmee1310@gmail.com
166	Raveendra Reddy V.	raveendreddy777@gmail.com

PARTICIPANT LIST

Sr. No.	First name	Email
167	Ravi Garg	feetsninches@gmail.com
168	Ravindra R. M.	ravindraoudeptsw@gmail.com
169	Riddhiben Patel	0101010120220051@iite.ac.in
170	Ruchi Yogeshbhai Patel	0101010220210151@iite.ac.in
171	Sachikanta Nanda	sachikan@srmist.edu.in
172	Sachin Undre	sachinu@iite.ac.in
173	Saloni Gola	dharagola896@gmail.com
174	Sanskriti Joshi	sanskritijoshi2203@gmail.com
175	Santosh Kumar M.	santosh.ce@gprec.ac.in
176	Saswati Pandit	sasjnu@yahoo.com
177	Saurav Pandya	sauravpandya211@gmail.com
178	Savan Patel	savanpatelkns@gmail.com
179	Seema Padhiyar	padhiyarseema123@gmail.com
180	Shahbaz Alam	shahbazalig10@gmail.com
181	Shiksha Saini	sainishiksha9610@gmail.com
182	Shivani Aswar	shivanaswar13@gmail.com
183	Shreya	0101010120220020@iite.ac.in
184	Shrishti Pandey	0101010120220026@iite.ac.in
185	Shruti Sindhu	ar.shrutisidhu@gmail.com
186	Snehal Jani	janisnehall@gmail.com
187	Somnath Choudhury	somnathchoudhury50@gmail.com
188	Sowmya Bhat	bhat.sowmya703@gmail.com
189	Srushti Bhati	0101010120220066@iite.ac.in
190	Suchit Gupta	suchitgupta38@yahoo.com
191	Sujit Kumar	sujit916222@gmail.com
192	Supriya Ranjan	ranjansupriya900@gmail.com
193	Sushil Tiwari	sktiwariara@gmail.com
194	Swati Shukla	0101010220210132@iite.ac.in
195	Sweta Rajput	0101010120220062@iite.ac.in
196	Tanmay Prajapati	tanmayprajapati2807@gmail.com
197	Thiyagarajan Radhakrishnan	rashmithiyagu@gmail.com
198	Thohidul Khan	thohidul.ce@gmail.com
199	Tribhuvan Nishad	tnishad2@gmail.com
200	Trupti Pandey	0101010120220050@iite.ac.in
201	Trusha Dave	davetrushah2188@gmail.com
202	Trusha Hiteshkumar Dave	101010220210083@iite.ac.in
203	Tsewang Namgyal	tsewangnamgyal64@gmail.com
204	Uma Bhonde	umabhonde22@gmail.com
205	Urvashi Taviyad	urvashitaviyad123@gmail.com
206	Urvi Gupta	urvi8198@gmail.com
207	Vaibhav Kumar Mishra	vaibhavkumarmishraj18375@gmail.com
208	Vaishnavi Kuwar	0101010220210097@iite.ac.in

PARTICIPANT LIST

Sr. No.	First name	Email
209	Varshaben Maheshkumar Patel	0101010220210162@iite.ac.in
210	Vedika Chauhan	vedika1762004@gmail.com
211	Venkata Malleswara Rao Bongu	1491mallesh@gmail.com
212	Vidhi Prajapti	vidhisprajapati05@gmail.com
213	Vikash Keshri	kumarparthoaryan@gmail.com
214	Vilas Parmar	vilas5838@gmail.com
215	Vinod Jha	jhavk9955@gmail.com
216	Vipin Chaudhary	vipinchaudhary2807@gmail.com
217	Virendrakumar Thakkar	virendrakumarthakkar@gmail.com
218	Vishva Dave	davevishva2000@gmail.com
219	Vishva Pandav	vishvapandav@gmail.com
220	Vrunda Rami	0101010120220065@iite.ac.in
221	Yamini Suryavnshi	yaminisuryavnshi@gmail.com
222	Yash Chaudhary	chaudharyyash2810@gmail.Com
223	Yash Kalpeshbhai Patel	0101010220210107@iite.ac.in
224	Yash Virda	yashvirda8@gmail.com
225	Zibba	0101010120220023@iite.ac.in