

SAKSHAM BHARAT (Empowered India)

Key features:

- The nodal centres for activities SA301, SA302 and SA303 under Saksham Bharat is **Sports Club (SC) under Student Activity Centre (SAC)**. The faculty I/c for these activities is **Dr. M. Srinivasa Reddy, Assistant Director of Physical Education**.
- The nodal centres for activities SA304, SA305 and SA306 under Saksham Bharat is **Technical Club (TC) under Student Activity Centre (SAC)**. The faculty I/c for these activities is **Dr. B. Vijay Kumar, Associate professor, Dept. of EEE**
- The activities under this group are part of Self Accomplishment Activity (SAA)
- The aim of activities under Saksham Bharat is to promote and ensure comprehensive growth and development in various sectors of society, including education, healthcare, and skill development.
- The goal of activities under Saksham Bharat is to empower individuals and communities with the skills, resources, and opportunities needed to achieve self-reliance and economic independence by fostering physical fitness, discipline, teamwork leadership and mental resilience.

Activities under Saksham Bharat

Activity Code	Activity Title
SA301	Physical Fitness, Self-defence for Women, Target based Physical Exercise. Examples-Running (Test 5 kms in a stretch), Swimming (Test 1 km in a stretch), Walking (Test 20 kms in a stretch), Trekking (7days), Cycling (Test 50 kms in a stretch) & any other activity related to physical fitness/self-defence etc.
SA302	Sports – Representation of Institute at official Inter-collegiate level / University level/Inter-district level/ National level and above in ANY sport

SA303	Pran-vidya (Yoga & Pranayama)
SA304	Participation in National Tech Fest, AICTE-Hackathon, industry floated global and National competitions, Robocon, BAHA etc
SA305 Not applicable for first year	Ambassador for events, Student member of regional level committees of Hyderabad section, Organizing committee member in National/ Regional/ Section level activities for technical societies like ISTE/IEEE/IETE/CSI/SAE etc.
SA306	Present research papers at National and international conferences
SA310	Any other activity approved by Dean Academic Affairs

Workflow of each activity under Saksham Bharat

SA 301: Physical Fitness, Self Defence for Women, Target based Physical Exercise

(Develop Physical Fitness and Self Defence skills)

- **Goal Setting, planning & Acquisition of Skills:**
 - *Goal Setting, Planning:*
 - Identify the goals, prepare a plan of action to improve the physical fitness/self Defence Skills/Target based Physical Exercise.
 - Design a questionnaire for field work about how to improve the Physical Fitness, Self Defence skills in order to record the responses during interaction with prominent sports personalities (Sports persons / Experts in Self Defence).
 - Design a feedback form for field work for Conducting Survey from stake holders on how well the sports periods are being utilized and benefited.
 - *Knowledge Acquisition:*
 - Study the ways and means for acquiring Physical fitness / Self Defence.
- **Field Work:** Field work in case of sports and any activity promoting physical/mental fitness comprises two parts, i.e., daily workout and meeting prominent personalities
 - **Meet Prominent Sports personalities:** Interact with a minimum of two athletes who represented state/University at Nationals /Inter University in Sports & Games or experts in self Defence activities.
 - Take geo-tagged photographs during interaction for including in the report.
 - **Daily workout:** Work out on a daily basis for improving Physical Fitness/ Self Defence Skills.
 - Maintain a record/journal of activities/workout carried out on a daily basis.
 - **Relevance to self-accomplishment & society:** During field work, you are expected to focus on “How by participating in these activities , you can

significantly enhance your knowledge, skills, & career prospects and make positive impact on you in particular and society in general ”

- **Demonstration/ Presentation/Performance Skill Test:**

- The skills acquired through the activity shall be effectively demonstrated at the time of Skill test arranged by the nodal centre

- **Report Writing:**

- Write a well-documented report, in prescribed format emphasizing the knowledge, Skills and qualities acquired during the activity.
- Submit One Soft & hand copy of the report each to the faculty concerned and to the nodal Centre.

SA 302: Sports & Games – Representation of Institute at official inter-collegiate level/ University level/inter-district level/ National level and above in ANY Sport.

(Participate at official **inter-college level/ University level/inter-district level/ National level** meets and above in ANY Sport.)

- **Goal Setting, planning & Acquisition of Representation of Sports& Game at official inter-collegiate level/ University level/inter-district level/ National level and above in ANY Sport.**
 - *Goal Setting, Planning:*
 - Identify the goals, prepare a plan of action to improve the performance to participate at official inter-collegiate level/ University level/inter-district level/ National level and above in the chosen Sport.
 - Design a questionnaire for field work to record the responses during interaction with prominent sports personalities (Sports persons) about how to improve the performance to participate at official inter-collegiate level/ University level/inter-district level/ National level and above in the chosen Sport
 - Design a feedback form for field work for conducting survey from stake holders on how well the sports periods are being utilized and benefited.
 - *Knowledge Acquisition:*
 - Study the ways and means for representing the Institute at inter-collegiate level/ University level/inter-district level/ National level and above in the chosen Sport (*Source: Web resources and interaction with nodal centre*).
- **Field Work:** Field work in case of sports and any activity promoting physical/mental fitness comprises two parts, i.e., daily workout and meeting prominent personalities
 - **Meet Prominent Sports personalities:** Interact with a minimum of two people those who represented University level/inter-district level/ National level in Sports & Games.
 - Take geo-tagged photographs during interaction for including in the report.

- **Work out on a daily basis for getting selection** to participate at inter-collegiate level/ University level/inter-district level/ National level and above in the chosen Sport.
- **Relevance to self-accomplishment & society:** During field work, you are expected to focus on “How by participating in these activities , you can significantly enhance your knowledge, skills, & career prospects and make positive impact on you in particular and society in general ”
- **Demonstration/ Presentation/ Submission of Participation Certificates:**
 - The skills acquired for representing the Institute at inter-collegiate level/ University level/inter-district level/ National level, through the activity shall be effectively demonstrated at the time of Skill test arranged by the nodal centre
- **Report Writing:**
 - Write a well-documented report, in prescribed format emphasizing the knowledge, Skills and qualities acquired during the participation.
 - Attach the relevant certificate of participation
 - Submit One Soft & hand copy of the report each to the faculty concerned and to the nodal Centre.
- **IMPORTANT NOTE:** If you had already represented KITSW (*as a student of KITSW*) at official inter-college level/ University level/inter-district level/ National level and above meets, you can claim ONE CREDIT, by submitting a request form to the Dean SA through proper channel with necessary proofs. You don't have to repeat the activity. But you have to
 - **Meet prominent personalities:** Interact with a minimum of two people those who represented **University level/inter-district level/ National level** in Sports & Games.
 - Take geo-tagged photographs during interaction for including in the report.
 - **Report Writing:**
 - Write a well-documented report, in prescribed format emphasizing the knowledge, Skills and qualities acquired during the participation.
 - Attach the relevant certificate of participation

- Submit One Soft & hand copy of the report each to the faculty concerned and to the nodal Centre.

SA 303: Prana-Vidya (Yoga Asana & Pranayaam)

(Develop various physical well-being components and mental well-being). *Student can practise either Prana-Vidya (Yoga Asana & Pranayaam) or Jeevan-vidya (work-life balance) for completing the activity.*

- **Goal Setting, planning & Acquisition of Prana-Vidya (Yoga Asana & Pranayaam):**
 - **Goal Setting, Planning:**
 - Identify the goals, prepare a plan of action to perform the Yoga Asana & Pranayaam in a perfect way.
 - Design a questionnaire for field work for interaction with prominent Yoga Gurus/ Experts in Yoga Asana & Pranayaam on how to perform the Yoga Asana & Pranayaam, and their experiences and advices.
 - Design a feedback form for field work for conducting Survey from stake holders (sample size: 20) to know the pulse of students on their preparedness on daily work-outs for being physically, mentally, spiritually fit and also how well the sports periods can be effectively utilized and benefited
 - **Knowledge Acquisition:**
 - Study the ways and means for performing Yoga Asana & Pranayaam.
- **Field Work:** Field work in case of sports and any activity promoting physical/mental fitness comprises two parts, i.e., daily workout and meeting prominent personalities.
 - **Meet Prominent Yoga Gurus:** Interact with a minimum of two people those who represented official District/Inter District /state at Nationals in Yoga Asana & Pranayaam activities.
 - Take geo-tagged photographs during interaction for including in the report.
 - **Daily workout:** Work out on a daily basis acquiring Yoga Asana & Pranayaam Skills.
 - Maintain a record/journal of activities/workout carried out on a daily basis.
 - **Relevance to self-accomplishment & society:** During field work, you are expected to focus on “How by participating in these activities , you can

significantly enhance your knowledge, skills, & career prospects and make positive impact on you in particular and society in general ”

- **Demonstration/ Presentation/Performance Skill Test:**

- The skills acquired through the activity shall be effectively demonstrated at the time of Skill test arranged by the nodal centre

- **Report Writing:**

- Write a well-documented report, in prescribed format emphasizing the knowledge, Skills and quality acquired during the activity.
- Submit One Soft & hand copy of the report each to the faculty concerned and to the nodal Centre.

SA304: Participation in National Tech Fest, AICTE-Hackathon, industry floated global and National competitions, Robocon, BAHA etc

- **Goal setting, Planning & Knowledge Acquisition :**
 - *Goal setting, Planning:*
 - Identify the various technical events conducted by IITs/NITs/AICTE/ Industries (MSME hackathon, Brain squeeze, Robowar, Technozian etc...) **highlighting specific skills** you want to develop (e.g., coding, problem-solving, teamwork).
 - Determine in which event you would like to participate mentioning **any particular goals** you have for the competition (e.g., winning, reaching a certain stage).
 - *Knowledge Acquisition:*
 - Study the theme of the event in which you would like to participate
- **Field work:**
 - Participate in minimum one Participation in National Tech Fest/AICTE-Hackathon/industry floated global and National competitions, which directly engage with technologies and problem-solving challenges.
 - **Meet Eminent Personalities:** Interact with atleast two industry professionals / academic experts who have organized National Technical fests and take feedback on event planning, management, and coordination.
 - Take geo-tagged photographs of the meetings for inclusion in the report
 - Organize one debate/seminar/panel discussion on strategies for organizing National/Regional/Section level Technical activities (Audience: minimum of 20 students) and take geo-tagged photos
 - Conduct surveys from participants in technical events conducted by IITs/NITs/AICTE/ Industries (sample size: minimum 20) to gather feedback from participants on how well these activities helped the students to develop their technical skills, leadership abilities, and professional networks.
 - **Relevance to self-accomplishment & society:** During field work, you are expected to focus on “How by participating in these activities , you can

significantly enhance your knowledge, skills, & career prospects and make positive impact on you in particular and society in general ”

- **Demonstration/ Presentation:**

- Prepare an effective PowerPoint presentation (ppt) on the knowledge and skills gained during the activity and present the same at the nodal centre

- **Report Writing:**

- Write a well-documented report, in prescribed format, emphasizing the knowledge, skills and qualities acquired during the activity.
- Explain how participating in these competitions aligns with your long-term career aspirations
- Evaluate your own performance and identify areas for improvement.
- Submit one soft & hard copy of the report each to the faculty counsellor and to the nodal centre.

- **IMPORTANT NOTE:** If you had already represented KITSW (*as a student of KITSW*) at any of the events mentioned above, you can claim ONE CREDIT, by submitting a request form to the Dean SA through proper channel with necessary proofs. You don't have to repeat the activity. But you have to

- **Meet prominent personalities:** Interact with a minimum of two people (not students) who organize these type of events and collect feedback from them on impact of these events in enhancing student learning, startups & entrepreneurship.
 - Take geo-tagged photographs during interaction for including in the report.
- **Report Writing:**
 - Write a well-documented report, in prescribed format emphasizing the knowledge, Skills and qualities acquired during the participation.
 - Attach the relevant certificate of participation
 - Submit One Soft & hand copy of the report each to the faculty concerned and to the nodal Centre.

SA-305: Ambassador for events, Student member of regional level committees of Hyderabad section, Organizing committee member in National/Regional/Section level activities for technical societies like ISTE/IEEE/IETE/CSI/SAE etc.

(Not applicable to the students of First Year)

- **Goal setting, Planning & Knowledge Acquisition :**
 - *Goal setting, Planning:*
 - Becoming organizing member of professional bodies/ Associations related to your engineering program and conduct events at National/Regional/Section level
 - *Knowledge Acquisition:*
 - Study about the objectives and events organized by the professional body in which you would like to join and its relevance to your self-accomplishment
- **Field work:**
 - Consider joining a professional society aligned with your B.Tech specialization.
 - Participate actively in the events conducted by professional bodies at institute level and outside-institutes of higher level
 - Explore opportunities of becoming organizing member in professional organizations related to your B.Tech. program (National/ Regional/ Section level)
 - **Meet Eminent Personalities:** Interact with atleast two organizing members of any professional organizations at National/ Regional/ Institute level who have organized technical events and take feedback on event planning, management, and coordination.
 - **Relevance to self-accomplishment & society:** During field work, you are expected to focus on “How by participating in these activities , you can significantly enhance your knowledge, skills, & career prospects and make positive impact on you in particular and society in general ”
- **Presentation:**

- Prepare an effective PowerPoint presentation (ppt) on the knowledge and skills gained by becoming organizing member and present the same at the nodal centre
- **Report Writing:**
 - Write a well-documented report, in prescribed format, emphasizing the knowledge, skills and qualities acquired during the activity.
 - Explain how organizing Technical events aligns with your long-term career aspirations
 - Evaluate your own performance and identify areas for improvement.
 - Submit one soft & hard copy of the report each to the faculty counsellor and to the nodal centre.

SA306 : Present research papers at National and international conference

- **Goal setting, Planning & Knowledge Acquisition :**
 - *Goal setting, Planning:*
 - Identify the various flagship technical conferences conducted by IITs/NITs/IITs/IEEE/ASME/ASCE etc or any other flagship conference organized by institutes of National Importance.
 - Plan the work schedule with timelines from technical implementation of idea to submission of paper
 - *Knowledge Acquisition:*
 - Study the theme of the conference in which you would like to participate
- **Field work:**
 - Identify a problem, review relevant literature, identify research gaps, formulate the problem and propose engineering solution
 - Implement the solution for real time applications
 - Write a technical paper on your findings for submission to the chosen conference
 - **Participate in the conference:** Participate in the conference and present your research findings and collect feedback.
 - **Meet Eminent Personalities:** Interact with participants, organizers and experts who attended the conference and gather their feedback on the conduction of the event, its impact.
 - **Relevance to self-accomplishment & society:** During field work, you are expected to focus on “How by participating in these activities , you can significantly enhance your knowledge, skills, & career prospects and make positive impact on you in particular and society in general ”
- **Demonstration/ Presentation:**
 - Prepare an effective PowerPoint presentation (ppt) on the knowledge and skills gained by participating and presenting research paper in the conference and present the same at the nodal centre
- **Report Writing:**

- Write a well-documented report, in prescribed format, emphasizing the knowledge, skills and qualities acquired during the activity.
- Submit one soft & hard copy of the report each to the faculty counsellor and to the nodal centre