



**BTIRT**  
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**Babulal Tarabai Institute  
of Research & Technology**

Approved by AICTE New Delhi, Affiliated to RGPV, Bhopal  
Maharaja Chhatrasal Bundelkhand University Chhatarpur (M.P.)

NH-26, Narsinghpur Road, Sironja, Sagar (M.P.)  
M.: 91790 71001, 91790 72002, E.: btirt.sagar@gmail.com

Run by: LITTLE STAR EDUCATION SOCIETY, SAGAR

**Report**

**On**

**Heartfulness Enabled Leadership Mastery Program**

**SPEAKERS**



**Mrs. Pratibha Bhambhaniya**  
Member, Board  
Sagar M.P.



**Dr. Arvind Kumar Jain**  
Member, Board  
Integral BT Institute of Humanoid & Tech  
Sagar (M.P.)



**Mr. R.P. Yadav**  
Member, Board  
Integral BT Institute of Humanoid & Tech  
Sagar (M.P.)



**Mr. Sachin Dubey**  
Member, Board  
Sagar (M.P.)




**HEARTFULNESS ENABLED LEADERSHIP  
MASTERY PROGRAM  
START "U" P PROGRAM**



**FREE YOUR MIND      DISCOVER YOUR PERSONALITY**  
**FIND YOUR VALUES      BEFRIEND STRESS**  
**FOLLOW A HEALTHY LIFESTYLE      FIND YOUR PURPOSE**

**17 TO 21 OCTOBER 2022**



**Dr. Venesh Kumar**  
Faculty  
BTIRT, Sagar (M.P.)



**Mr. Manish Khurwar**  
Coordinator  
BTIRT, Sagar (M.P.)

**BABULAL TARABAI INSTITUTE OF RESEARCH AND TECHNOLOGY**  
NH-26, Narsinghpur Road, Sironja, Sagar (M.P.)





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An ISO 9001:2008 Certified Institute

## Babulal Tarabai Institute of Research & Technology

Affiliated to RGPV, Bhopal & DUMT, Bundelkhand University, Sagar

NH-26, Narsinghpur Road, Sironja, Sagar (M.P.)  
Ph: 07582-281323-5 Fax: 281324. M: +91 97555 24462  
E-Mail: btirt.sagar@gmail.com

Ref.: BTIRT/Estn-2022-23-2990(A) 4082

Date: 15.10.2022

Mrs. Pratibha Shandilya  
Zonal Coordinator, Zone - 14,  
Heartfulness Trainer  
Sagar (M.P.)

*Subject: Invitation for conducting a workshop on "Start 'U' P Program" for B.Tech,  
1<sup>st</sup> year students during Oct. 17-21, 2022.*

*Dear Madam,*

*With reference to the above-mentioned subject, it gives us immense pleasure to invite  
you for conducting a workshop on "Start 'U' P Program" during Oct. 17-21, 2022.  
This workshop is conducted under the Induction Program - 2022 for newly admitted  
B.Tech. 1<sup>st</sup> year students.*

*Looking forward to your active response for this event.*

*Warm regards,*

*Yours sincerely*

  
Dr. V. Prasad Kulkarni

Principal, Babulal Tarabai Institute

Sagar

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Ref:- BTIRT/ES++/22/2082(A)

Date: -10/Oct./2022

### Notice

Dear B. Tech. 1st Year Students,

Subject: Heartfulness Enabled Leadership Mastery Program - "START "U" P PROGRAM"

We are excited to launch the "Heartfulness Enabled Leadership Mastery Program - START "U" P PROGRAM" from October 17-21, 2022. Our training will help you develop leadership skills, self-awareness and emotional intelligence.

The START "U" P PROGRAM gives you the skills, knowledge, and mindset to lead in school and work. Through interactive seminars, workshops and guided meditations, one can explore leadership and personal development.

We are thrilled to have respected speakers and Heartfulness trainers Mrs. Pratibha Shandilya, Dr. Ashok Kumar Jain, Mr. R. K. Yadav and Mr. Sachin Dubey lead you on this transformative journey. Their wisdom will help you become a great leader.

Key program highlights include:

1. Understanding how Heartfulness promotes leadership.
2. Learning self-awareness and emotional intelligence to handle situations gracefully.
3. Teamwork requires good communication and interpersonal skills.
4. Examining stress management and well-being under academic and personal challenges.
5. Promoting a growth mentality and using failure to succeed.

Mr. Manish Shrivastava, programme coordinator, will provide a smooth and rewarding learning experience for all participants. All B. Tech. 1<sup>st</sup> Year students should enroll in this program to develop their leadership and personal skills.

Registration and details are available from Mr. Manish Shrivastava, MBA Department.

Sincerely,  
Mr. Manish Shrivastava

Coordinator, MBA Department  
Babulal Tarabai Institute of Research and Technology, Sagar





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Babulal Tarabai Institute of Research and Technology Sagar, Madhya Pradesh

Date:- 25/10/2022

### Workshop Final Report

Heartfulness Enabled Leadership Mastery Program - "START "U" P PROGRAM"

Coordinator:

Mr. Manish Shrivastava  
BTIRT Sagar (M.P.)

Principal:

Dr. Veeresh Fuskele  
BTIRT Sagar (M.P.)

Speakers:

Mrs. Pratibha Shandilya (Heartfulness Trainer)  
Dr. Ashok Kumar Jain (Heartfulness Trainer)  
Mr. R. K. Yadav (Heartfulness Trainer)  
Mr. Sachin Dubey (Heartfulness Trainer)

### Introduction:

The "START "U" P PROGRAM" Heartfulness Enabled Leadership Mastery Program was a five-day workshop that took place at Babulal Tarabai Institute of Research and Technology (BTIRT), Sagar, from October 17-21, 2022. It was a life-changing experience. The program's objectives were to equip first-year B. Tech. Students with the fundamental leadership abilities and promote personal development by utilizing the Heartfulness principles.



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**START 'U'P PROGRAM**  
17 TO 21 OCTOBER 2022

FREE YOUR MINDS  
FIND YOUR GOALS  
FOLLOW A HEARTFUL LIFESTYLE

DISCOVER YOUR PERSONALITY  
BEYOND STEREOTYPES  
TAKE YOUR PURPOSE

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## Day 1: Learning About Leadership and Heartfulness

Mrs. Pratibha Shandilya gave a thought-provoking opening talk to the workshop, introducing students to the idea of heartfulness and its importance in the formation of leadership. Dr. Ashok Kumar Jain then led a lively conversation on the fundamentals of good leadership, stressing the significance of empathy and self-awareness.





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## Day 2: Developing Emotional Intelligence and Self-Awareness

Mr. R. K. Yadav guided students through a variety of exercises to improve their understanding of their own emotions and reactions during a thought-provoking workshop on developing self-awareness and emotional intelligence. Pupils eagerly took part, understanding the importance of emotional intelligence in developing solid interpersonal bonds.



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### Day 3: Teamwork and Communication Techniques

Mr. Sachin Dubey led interactive sessions on teamwork and communication techniques on the third day. Students gained knowledge of effective communication methods and tactics for building group cohesion and synergy through role-plays and exercises.



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## Day 4: Managing Stress and Promoting Well-Being

Dr. Ashok Kumar Jain led a discussion on stress management and well-being because workloads from both personal and academic obligations can frequently be too much to handle. In order to control stress and preserve a good work-life balance, students were taught mindfulness practices and relaxation techniques.





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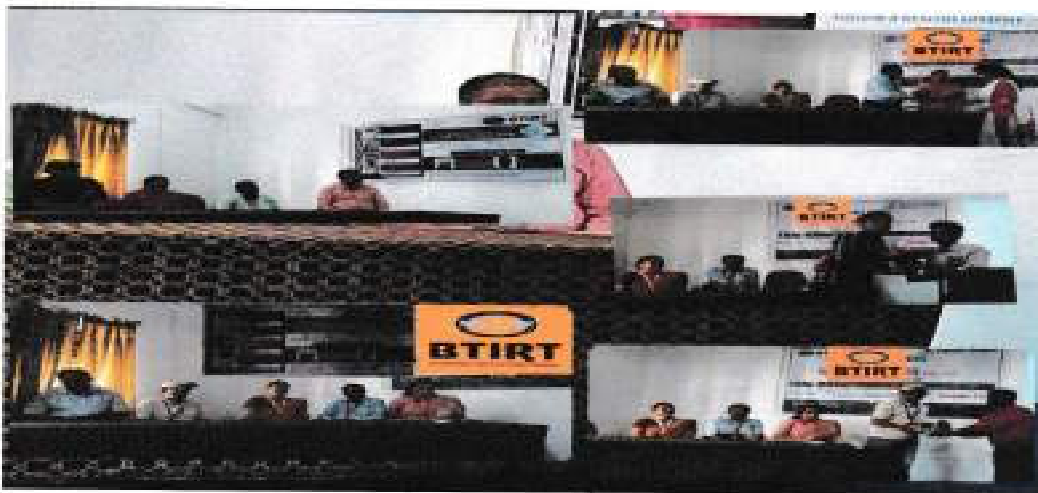
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## Day 5: Contemplation and Concluding Event

The workshop's last day was devoted to consolidation of learning and reflection. Students highlighted the important lessons they had learned by sharing their program-related ideas and experiences. During the closing ceremony, which marked the completion of the session, all participants received certificates of participation.



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## Key Indicator -1.2 Academic Flexibility

**1.2.1:** Number of Certificate/Value added courses offered and online courses of MOOCs, SWAYAM, NPTEL etc.

**C) Institutional programme Brochure/Notice for Certificate/Value added programs with course modules and outcomes.**

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2	Programme Brochure
3	Notice
4	Course modules and outcomes



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### Importance of Value Added Courses

The ever-changing global scenario makes the world more competitive and requires high levels of lateral thinking and the spirit of entrepreneurship to cope up with the emerging challenges. Many a times, the defined skill sets that are being imparted to students today with Programme Specific Objectives in educational institutions become redundant sooner than later due to rapid technological advancements. No university curriculum can adequately cover all areas of importance or relevance. It is important for higher educational institutions to supplement the curriculum to make students better prepared to meet the industrial demands as well as to develop their own interests and aptitudes.

#### Objectives

- To provide students an understanding of the expectations of industry.
- To improve employability skills of students.
- To bridge the skill gaps and make students industry ready.
- To provide an opportunity to students to develop inter-disciplinary skills.
- To mould students as job providers rather than job seekers.

#### Course Designing

The Programme interested in designing a Value Added Course should undertake Training Need Analysis, discuss with the generic employers, alumni and industrial experts to identify the gaps and emerging trends before designing the syllabus. Any new Value Added Course developed by a Programme should be placed before the Board of Studies and Faculty (Standing Committee) and approved by the Academic Council. The course offered should not be the same as any course listed in the curriculum of the respective programme or any other programme offered in University Departments.

#### Value Added Course - Part of RGPV curriculum

RGPV university Bhopal is incorporating value-added courses into its curriculum.







### Rajiv Gandhi Proudhogiki Vishwavidyalaya, Bhopal

Scheme of Examination as per AICTE Flexible Curricula

Bachelor of Technology (B.Tech.) [Mechanical Engineering]

IV Semester

See notices attached in July, 2020 for ref. Jan, 2022.

S. No.	Subject Code	Category	Subject Name	Maximum Marks Allocated					Total Marks	Contact Hours per week			Total Credits
				Theory			Practical			L	T	P	
				End Sem.	Mid Sem. Exam.	Quiz/Assignment	End Sem.	Term work Lab Work & Sessional					
1.	ES401	BPC	Energy & Environmental Engineering	70	20	10	-	-	100	3	1	-	4
2.	ME402	IC	INSTRUMENTATION & CONTROL	70	20	10	30	20	150	2	1	2	4
3.	ME403	IC	THEORY OF MACHINES	70	20	10	30	20	150	3	1	2	5
4.	ME404	IC	FLUID MECHANICS	70	20	10	30	20	150	3	1	2	5
5.	ME405	IC	MANUFACTURING TECHNOLOGY	70	20	10	30	20	150	3	0	2	4
6.	ME406	ILC*	SOFTWARE LAB	-	-	-	30	20	30	-	-	4	2
7.	BT407	ILC	To be completed online during the first semester. To be evaluated in the second semester. (Students can earn additional credit's - three credit's -)	To be completed online during the first semester. To be evaluated in the second semester. To be added in fifth semester.								3	
Total				250	100	50	150	100	750	14	4	12	24
8.	BT408	MC	Cyber Security	Non-credit course									
9.	BT409	MC	Indian Knowledge System	Non-credit course									
	NC04		NSS/NCC	Non-credit course									

\* Additional of theory per week should be added for the Virtual Lab along with the one hour per week of lab classes.

NST: Minimum of two and maximum upto to be evaluated

\* Students can earn additional credit's from the University recognized MOOC courses

1 Hr Lecture    1 Hr Tutorial    2 Hr Practical  
1 Credit    1 Credit    1 Credit

Offering students the opportunity to earn additional credits through MOOCs recognized by the university can significantly enhance their learning experience and skillset. These courses often provide flexibility and a wide range of topics that students can explore based on their interests and career goals. It's a valuable way to encourage lifelong learning and stay updated with industry trends.

### Evaluation

The Value added course of 30 hours duration shall be evaluated through assessments tests for 100 marks. The one credit courses shall be offered by a Programme with the prior approval from respective Board of Studies. If the total credit thus earned is three or more, then one elective course may be exempted. A student may be permitted to take up VAC from other departments with approval from both the Heads of the Departments.

### CO -

Course outcomes (CO) are specific and measurable statements that define the knowledge, skills, and attitudes learners will demonstrate by the completion of a course.







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### Welcome to BTIRT Value added program on General Aptitude Training Program

#### General Aptitude Training Program

By Prof. Ayushi Patwariya

Duration: Min 50 hours.

*Misc. Interactive sessions  
focusing on concept clarity  
and practical problem-  
solving.*

*Certification Certificate of  
Completion provided by  
Institute.*

*Eligibility - 3 to 7 Sem  
students.*

*Starting From - 16/08/22*

*Fee: 4000/-*





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### Notice

Date: 25/06/2022

**Subject:** Commencement of General Aptitude Training Program

Dear Students,

I am pleased to announce the commencement of the General Aptitude Training Program at BTIRT Sagar, for each student of III, V and VII Semester, starting from the first day of each semester. This program is designed to enhance your overall aptitude and reasoning abilities, crucial for your success in various academic and career endeavors.

#### Program Overview:

- ❖ **Duration:** Min 50 hours.
- ❖ **Certification:** Certificate of Completion provided by Institute.

**Program Modules:** Quantitative Aptitude, Verbal Reasoning, Logical Reasoning, Problem-Solving Strategies, Mock Tests and Practice Sessions

#### Beneficial for Students

1. Civil services exams like UPSC, Engineering services.
2. State services and other national level examinations.
3. Improve performance in competitive exams like CAT, GRE, GMAT, etc.
4. Enhance employability for placement aptitude tests and job interviews.
5. Develop critical thinking, problem-solving, and decision-making skills.

#### Registration Details:

- ❖ **Program Fee:** Free
- ❖ **Start Date:** From first day of each semester.

**For any query Contact : Ayushi Pateriya (EX dept)**

We look forward to your active participation in this valuable training program.

Best regards,



  
Principal  
BTIRT Sagar





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### 2) General Aptitude Training Program

#### • Course objective for General Aptitude Value added courses

- To enhance students' logical reasoning skills through problem-solving exercises.
- To improve numerical ability and quantitative reasoning for data interpretation and analysis.
- To develop verbal ability including vocabulary, grammar, and comprehension for effective communication.
- To foster critical thinking skills for analyzing and evaluating information.
- To prepare students for competitive exams and job interviews requiring aptitude assessment.

#### • Course outcomes for General Aptitude Value added courses

After successfully completion of this program students will able to

- Apply logical reasoning skills to solve complex problems effectively.
- Interpret and analyze numerical data with accuracy and precision.
- Demonstrate enhanced verbal ability in vocabulary, grammar, and comprehension.
- Critically evaluate information and make informed decisions.
- Prepared to excel in competitive exams and job interviews requiring strong aptitude and reasoning skills.

#### General Aptitude Training Program

*By Prof. Ayushi Patariya*

*Duration: Min 50 hours.*

*Mode: Interactive sessions  
focusing on concept clarity  
and practical problem-  
solving*

*Certification: Certificate of  
Completion provided by  
Institute.*

*Eligibility: 3 to 7 Sem  
students.*

*Starting From - 16/08/22  
Fee - Free*



Welcome to BTIRT  
Value added program  
on  
General Aptitude Training  
Program



**Brochure of General Aptitude Training Program**



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### General Aptitude Training Program

General Aptitude Training Program is meticulously crafted to enhance participants' overall aptitude and reasoning abilities, essential for success in competitive exams, placements, and career advancement.

#### Program Overview:

- ❖ **Duration:** Min 50 hours.
- ❖ **Mode:** Interactive sessions focusing on concept clarity and practical problem-solving
- ❖ **Certification:** Certificate of Completion provided by Institute.

#### • Course modules

- a. Quantitative Aptitude: Master mathematical concepts, arithmetic, algebra, geometry, and data interpretation.
- b. Verbal Reasoning: Develop language skills, comprehension, grammar, and critical reasoning.
- c. Logical Reasoning: Enhance logical thinking, analytical reasoning, pattern recognition, and decision-making.
- d. Problem-Solving Strategies: Learn effective strategies and techniques to solve complex problems efficiently.
- e. Mock Tests and Practice Sessions: Simulate exam-like conditions with mock tests and practice sessions for better performance.

#### Beneficial for Students

1. Preparing for competitive exams like GATE, CAT, GRE, GMAT, etc.
2. Placement drives.
3. Civil services exams like UPSC, MPPSC.
4. State services and other national level examinations.

**Eligibility** - 3<sup>rd</sup> to 7<sup>th</sup> Sem students.

#### Registration Details:

- ❖ **Program Fee:** Free
- ❖ **Start Date:** From first day of each semester

**Program Coordinator :** Ayushi Pateriya (EX dept)





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Run by: LITTLE STAR EDUCATION SOCIETY, SAGAR

### Rajiv Gandhi Proudhogiki Vishwavidyalaya, Bhopal

Scheme of Examination as per AICTE Flexible Curricula

Bachelor of Technology (B.Tech.) [Mechanical Engineering]

See notices attached in July, 2020 for ref. Jan, 2022.

IV Semester

S. No.	Subject Code	Category	Subject Name	Maximum Marks Allocated					Total Marks	Contact Hours per week			Total Credits
				Theory			Practical			L	T	P	
				End Sem.	Mid Sem. Exam.	Quiz/Assignment	End Sem.	Term work Lab Work & Sessional					
1.	ES401	BPC	Energy & Environmental Engineering	70	20	10	-	-	100	3	1	-	4
2.	ME402	IC	INSTRUMENTATION & CONTROL	70	20	10	30	20	150	2	1	2	4
3.	ME403	IC	THEORY OF MACHINES	70	20	10	30	20	150	3	1	2	5
4.	ME404	IC	FLUID MECHANICS	70	20	10	30	20	150	3	1	2	5
5.	ME405	IC	MANUFACTURING TECHNOLOGY	70	20	10	30	20	150	3	0	2	4
6.	ME406	ILC*	SOFTWARE LAB	-	-	-	30	20	30	-	-	4	2
7.	BT407	ILC	30 hrs. knowledge based on using various software's - (mandatory - II)	To be completed online during the first semester. To obtain one credit to be added in fifth semester.								3	
Total				250	100	50	150	100	750	14	4	12	24
8.	BT408	MC	Cyber Security	Non-credit course									
9.	BT409	MC	Indian Knowledge System	Non-credit course									
	NC04		NSS/NCC	Non-credit course									

\* Addition of theory per week should be added for the Virtual Lab along with the one hour theory sessions and lab classes.

NST: Minimum of two end semester tests to be conducted

\* Students can earn additional credits from the University recognized MOOC courses

1 Hr Lecture    1 Hr Tutorial    2 Hr Practical  
1 Credit    1 Credit    1 Credit

Offering students the opportunity to earn additional credits through MOOCs recognized by the university can significantly enhance their learning experience and skillset. These courses often provide flexibility and a wide range of topics that students can explore based on their interests and career goals. It's a valuable way to encourage lifelong learning and stay updated with industry trends.

### Evaluation

The Value added course of 30 hours duration shall be evaluated through assessments tests for 100 marks. The one credit courses shall be offered by a Programme with the prior approval from respective Board of Studies. If the total credit thus earned is three or more, then one elective course may be exempted. A student may be permitted to take up VAC from other departments with approval from both the Heads of the Departments.

### CO -

Course outcomes (CO) are specific and measurable statements that define the knowledge, skills, and attitudes learners will demonstrate by the completion of a course.







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Presents

### Value added programs on English/Communication Skills

Starting From - 16 Aug 2022

An Opportunity to enhance your overall Communication Skills, crucial for your success in various academic and career endeavors.

(No Registration Charges!)

For III, V and VII Semester Students

Program Coordinator - Prof Manish Shrivastava (MBA Dept)



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### Notice

Date: 25/06/2022

**Subject:** Commencement of English/Communication Skills Development Program

Dear Students,

I am pleased to announce the commencement of the English/Communication Skills Development Program at BTIRT Sagar, for each student of III, V and VII Semester, starting from the first day of each semester. This program is designed to enhance your overall Communication Skills, crucial for your success in various academic and career endeavors.

#### Program Overview:

- ❖ **Duration:** Min 50 hours.
- ❖ **Mode:** Interactive workshops focusing on language skills, speaking, writing, and presentation techniques
- ❖ **Certification:** Certificate of Completion provided by Institute.

**Program Modules:** Language Enhancement, Effective Communication, Writing Skills, Presentation Skills, Group Discussions and Debates

#### English/Communication Skills Program

1. Experienced Trainers: Learn from experienced language and communication experts.
2. Practical Approach: Engage in role-plays, group activities, and real-world scenarios for hands-on learning.
3. Career Advancement: Enhance employability and professional growth with strong communication skills.
4. University Recognition: Earn additional credits recognized by RGPV, enhancing your academic credentials.

**Eligibility** - 3<sup>rd</sup> to 7<sup>th</sup> Sem students.

#### Registration Details:

- ❖ **Program Fee:** Free
- ❖ **Start Date:** From first day of each semester

**For any query Contact : Mr. Manish Shrivastava (MBA dept)**

We look forward to your active participation in this valuable training program.

Best regards,



  
Principal  
BTIRT Sagar





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### 3) English/Communication Skills Development Program

- **Course objective for English/Communication Skills Development Program**

- Enhance spoken and written communication skills for effective professional and personal interactions.
- Develop vocabulary, grammar, and language proficiency to convey ideas clearly and persuasively.
- Improve listening skills, empathy, and understanding for better communication and collaboration.
- Enhance public speaking and presentation skills to confidently express ideas in various settings.
- Cultivate intercultural communication competence to engage effectively in diverse environments.

- **Course outcomes for English/Communication Skills Development Program**

After successfully completion of this program students will able to

- Have improved clarity and fluency in spoken and written communication.
- Have enhanced ability to convey ideas effectively through diverse communication channels.
- Have listening skills and empathy for better understanding and collaboration.
- Have confident in public speaking and delivering presentations.
- Cultivated intercultural communication competence for engaging in global contexts.







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**Brochure of English/Communication Skills Development Program**





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### English/Communication Skills Development Program

English/Communication Skills Development Program is designed to enhance participants' proficiency in English language communication, empowering them to succeed in academic, professional, and social settings.

#### Program Overview:

- ❖ **Duration:** Min 50 hours.
- ❖ **Mode:** Interactive workshops focusing on language skills, speaking, writing, and presentation techniques
- ❖ **Certification:** Certificate of Completion provided by Institute.

#### • Course modules

1. Language Enhancement: Improve vocabulary, grammar, sentence structure, and pronunciation.
2. Effective Communication: Develop speaking and listening skills for clear and confident communication.
3. Writing Skills: Master writing techniques for emails, reports, essays, and other written communication.
4. Presentation Skills: Learn to deliver impactful presentations with effective visuals and storytelling.
5. Group Discussions and Debates: Engage in group discussions and debates to enhance communication and critical thinking.

#### English/Communication Skills Program

1. Experienced Trainers: Learn from experienced language and communication experts.
2. Practical Approach: Engage in role-plays, group activities, and real-world scenarios for hands-on learning.
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**Contact :** Mr. Manish Shrivastava



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## "YOG DIVAS"

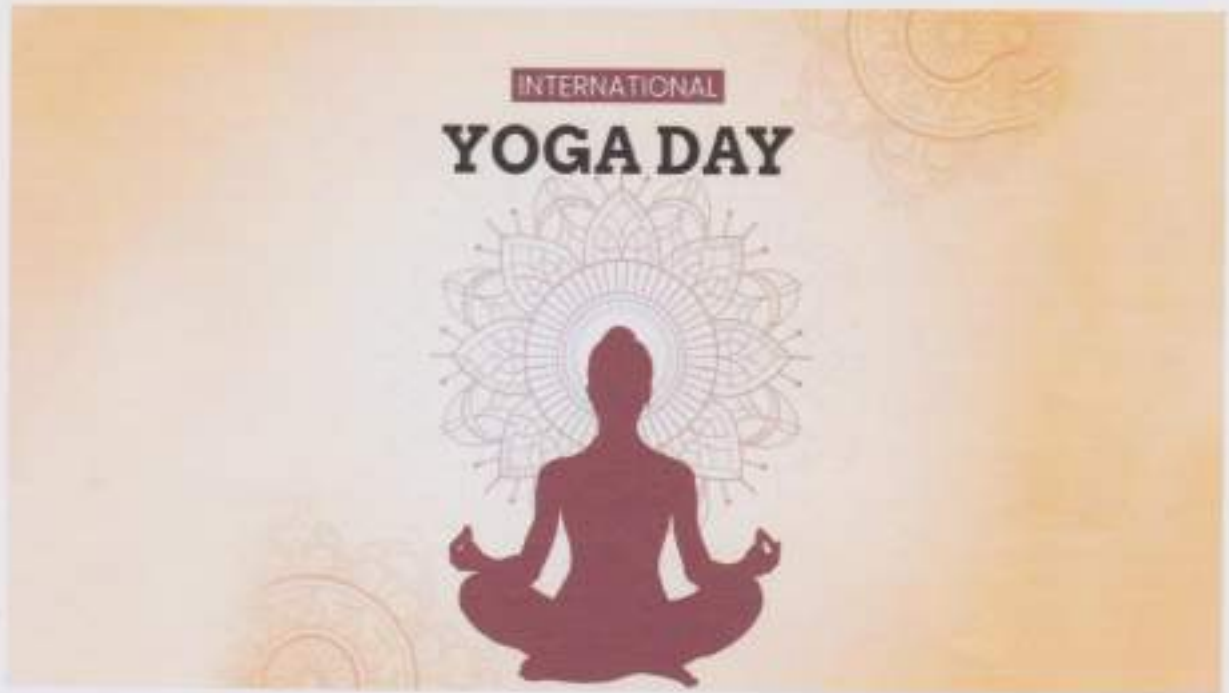
Date: 23/06/2023

Time: 08.00 AM

Venue: BTIRT Campus

THEME

वसुधैव कुटुम्बकम्



Organized by: BT GROUP

Participants: BTIRT, BTIPS, BTINS & BTM STUDENTS & FACULTY

YOG ADHIKARI: - DR. SUJIT SINGH THAKUR







• **CHIEF GAUESTS:**

1. Dr. Satyendra Jain (secretary @BT GROUP)
2. Dr. Veeresh Fuskele (principal @BTIRT-)
3. Mr. Tarun Kumar Singh (Registrar @BT GROUP)

**Attached Photograph:**



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