

Ref. No: ICEM/FE/2021/Induction Report

Date: 5<sup>th</sup> January 2022

## Report on Student Induction Training Program

Basic Engineering Department organize a student induction training program from 4/1/2022 to 8/1/2022. The theme of the induction program was “INCEPTION”. For each day different activities and sessions are scheduled.

### Day 1 Tuesday 04/01/2022

**Registration:** Registration of students and parents was carried by Prof. Supriya Kumbhar.



**Key note address for FE students & Parents:** Key note address given by Dr. Kiran Devade , HOD, FE. He said about Engineering Pattern, Academics, Exam, Extra Curricular activities. He also told about attendance and their importance.



**Orientation Program by different streams:** All department heads talked about the importance of their department and skills required for engineering and placement.



**Parents Visit to college:** Campus was visited by parents with the help of lab assistant. They visit all the class rooms, labs and meet to their concern faculties.



### **Day 2 Wednesday 05/01/2022**

**Yoga:** Yoga, an ancient practice and meditation, has become increasingly popular in today's busy society. Yoga provides many other mental and physical benefits. Some of these extend to the kitchen table. The goal during yoga practice is to challenge yourself physically, but not to feel overwhelmed. At this "edge," the focus is on your breath while your mind is accepting and calm. Every day in the morning yoga is conducted in the first half an hour.



### **Session on Guidelines for online communication with your teachers by Dr. Saumitra Das:**

Dr. Saumitra Das has given guidelines on online communications. He told about How to optimize your virtual classroom, How to boost teacher-student communications and also How to host a safe and secure virtual classroom. Also create student forum and support group for smooth communication.

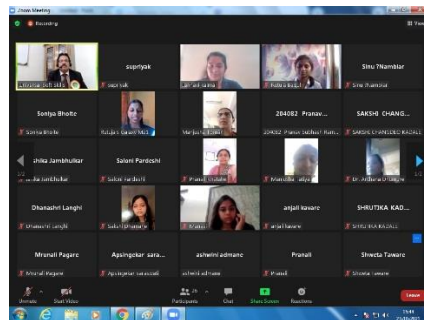
### **Session on Time Management by Dr. Kiran Devade:**

Dr. Kiran Devade has given time management tips and strategies to Identify Time-Wasters and Set Goals. He also talked about how to tackle small task to start, only do one thing at a time, establish routines, use breaks wisely, Take time off, Learn to delegates. Effective time management skills help students to become more organized, more confident, and learn more effectively.



**A session on Stress Management by Dr. Sunil Mirchandani:**

Dr. Sunil Mirchandani delivered a session on stress management and said the different ways to remove stress by eat a healthy diet, exercise, have an outlet, build a support system, make a plan, think positively, meditate, Try Aromatherapy, take calming breadths.



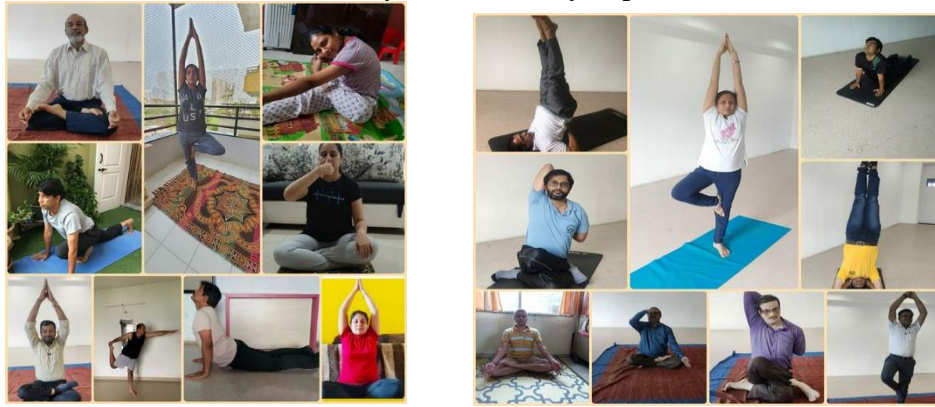
**A session on Sports (Ground formation and Play) by Prof. Atul Gore and Team:**

Sports helps an individual much more than in the physical aspects alone. It builds character, teaches and develops strategic thinking, analytical thinking, leadership skills, goal setting and risk taking. Also played some games as per their interest.



**Day III Thursday 06/01/2022****Yoga :**

Some basic aasan and pranayama was taken like Naukaasan, Bhujang Aasan, Dhanur Aasan, Vakra aasan, Gomukh Aasan, Butterfly etc. Also they explained benefits of each aasanas.

**Sesssion on Study Techniques by Dr. Vinayak Kale:**

In his session he told the different techniques used for study. Also said about preparing the study environment; organising your study schedule; tips for while you are engaged in study; and methods of boosting your reading efficiency.

**Sesssion on Attitude by Mahesh Bhong:**

Positive Attitude Enhances Learning Capabilities. Maintaining a positive attitude towards learning can also help reduce stress which is an important aspect of learning because it makes students relaxed and focused.



**Session on Preparation for Exam by Prof. Hemant Darokar:**

Prof. Hemant Darokar explained the SPPU Exam Pattern. Also he told about Insem and End sem exam pattern and their details on syllabus asked for particular, passing marks, backlog. He also said about how to fill exam form without mistakes.



**Movie Club at Abdul Kalam Hall:**

Movie club is formed and the coordinator of movie club is Dr. Mahesh Bhong. Movie club provide a safe space for students to grow, flourish and gain confidence as well as creating a sense of unity across age ranges, social classes and ethnicities through a shared appreciation of film.

**Day IV Friday 07/01/2022**

**A session on Meditation by Dr. Avinash Bansode:**

Meditation is a practice where an individual uses a technique such as mindfulness or focusing of mind on a particular object, thought, or activity to train attention and awareness and achieve a mentally clear and emotionally calm and stable state. He also said the benefits of meditation that you can increase your IQ level, Lower stress, Developing Confidence, Keep efficiency of brain functioning etc.



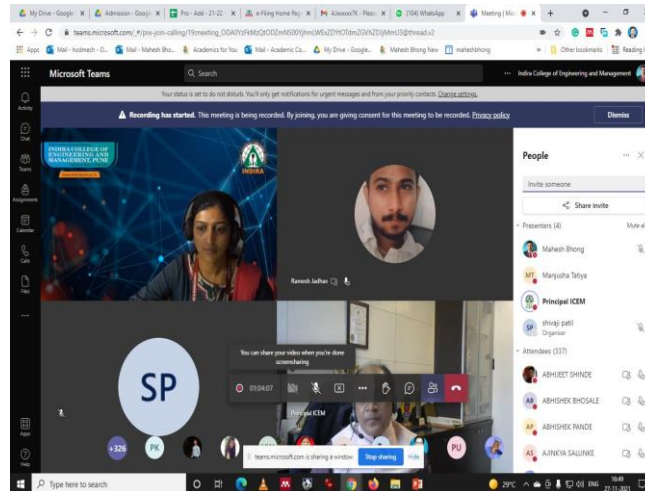
**Session on Soft Skills by Madhuri Sathe:**

Engineers have to interact with other professionals in the course of their work, which requires a great deal of communication and collaboration. Soft skills are personal attributes that influence how well you can work or interact with others. These skills make it easier to form relationships with people, create trust and dependability, and lead teams.



### UHV - Nine types of feeling by Prof. Manjusha Tatiya:

There are feelings in relationship in one self for other self. These feelings can be recognized they are definite in the form of nine feelings. Their fulfilment, evaluation leads to mutual happiness. Feeling in relationship are Trust, Respect, Affection, Care, Guidance, Reverence, Glory, Gratitude, Love.



### Orientation Program - Placement talk by Mr. Jorasingh Siddhu:

Placements give students the opportunity to gain skills specific to their subject or industry of choice as well as the employability skills required for real-life work. He also talked about the companies come for placement and which type of skills they required for interview and job.



**Tresure Hunt by prof. Shirbhate and Mr. Jundre:**

Treasure hunt game is organized for all first year students. These game is conducted by Prof. S. Shirbhate and Mr. N. Jundre. Students enjoyed a lot in these game.

**Day V Saturday 08/01/2022**

**Out Door Management Training:**

Special expert from IGI main campus Mr. Milind Khedkar was invited to conduct the one day out door management training. There were four games involved in the training to check their coordination, communication, team spirit, participation and time management. These four games were Sheep and shepherded, AcidWalk, Butcher man Walk & Stack-A-Stack. Students enjoyed these games and prize for the winning team was awarded in the presence of our HOD Dr. Kiran Devade. All OMT games coordinators conducted these games very smoothly under the observation of OMT coordinator Prof. Atul Gore.



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