

Report on Student Induction Program

Date: 4th July 2019

The inaugural for the Six Day Student Induction Program (SIP) was held at Esra hall on 4th July at 10 AM.

Principal-Prof.A.Roja Rani, Vice principal- Dr.P.Saritha Reddy, Vice principal(Hostel)-Dr.K.Shailaja, SIP coordinator- Dr.Aliya Begum, IQAC coordinator- Dr.K.Krishna Chaitanya, Infrastructure Coordinator Dr. D. Sreenivas, Controller of Examinations-Dr.B.Shailaja, Academic coordinators- Dr. M. Kavitha & Dr. K. Premalatha, Head, Department of Telugu-Dr,Raghu, PRO Mr.Krishnaji Rao, Librarian-Ms. Padmaja, Student Advisors- Dr.K.S.N.Jyothi & Dr.Rupasree were all part of the Ice Breaking Session.

The programme began with Vandemataram by the Choir group of UCW. Dr. Aliya Begum, SIP coordinator, explained about the significance of the Six Day Student Induction Program. Principal and all other members explained about the academic schedule, examination pattern and various other important aspects of college. They all motivated the students with their inspiring speeches. The inaugural session ended with the college song.

SESSION 1-Co- curricular &Extra-curricular activities of the college

Resource persons - **Dr. K. S. N. Jyothi & Dr. Rupasree**

A PowerPoint presentation on all the co-curricular & extra-curricular activities of the college along with pictures of the recent activities of the college was made in this session. Highlights of the various club activities like Science club, Eco club, literary club, Music club and Art and theatre club were explained to the students. Dr. Jyothi and Dr. Rupasree conducted various games to bring out hidden talents among the students. Few good singers, dancers, artists came out with their skills. Overall, the session was full of energy and activity.

SESSION – II: Integral Personality through Fitness byProf.T. Venkat Rajaiah

Prof. Thatikonda Venkat Rajaiah, an established author of several books on English, Yoga and Personality Development is Founder and Former Director of CELT, University College of Engineering. He has become a celebrated self-designed, multifaceted integral personality fitness Yoga teacher nationally and internationally. A passionate reader in English, Integral Yoga and meditation practitioner, he has excelled himself as a committed academician and an interdisciplinary integral teacher.

Prof. T. Venkata Rajaiah, OU has taken Yoga Class to all the students and laid emphasis on the importance of yoga and benefits of performing yoga regularly. Sir opined that yoga refers to the spiritual discipline that includes meditation, exercises, physical postures, breathing techniques. It is done to improve physical health, mental health, relaxation, and overall well-being of the individual. Yoga paves way for a healthier life and is considered an easy way to stay fit, than other forms of exercises and one can be easily practised them at home.

Sir made the all the students and staff practice several types of breathing techniques which aims at regulating and controlling breathing process. At the end of the session, all of the participants have understood that Yoga is a very useful practice which is easy to do and helps in getting rid of certain serious health problems that are common in today's life style.

Date: 5th July 2019

SESSION – I(a): Well-being, Nutrition and Health by Dr. C. Anjali Devi

Dr. C. Anjali Devi, Retd. Professor, OU and is currently working as Guest Faculty in the Department of Food and Nutrition. She has 48 years of experience in teaching, research and Extension activities. She has completed 30 research projects on community Nutrition and Product Development sponsored by IGSSS, WHO, UNICEF, USAID, ICRISAT, UGC and ICAR.

Madam has addressed students on the topic Health Nutrition and Personal Hygiene. She addressed students on the importance of balanced diet, importance of breakfast as the first meal as most of the students in their age group would be under the impression of skipping meals for losing body weight. She alarmed them about the ill effects on their reproductive health over the years to come. She also advised students not to try any new foods but suggested them to have good food.

Madam also has discussed the importance of personal hygiene on their health and the necessity of the clean surroundings, importance of washing hands before eating food and the importance of discipline among the students.

SESSION – I(b): YOGA by Dr. A. Gayathri Devi

Dr. A. Gayathri Devi is faculty of Chemistry Department, UCW. She has 19 years of teaching experience. She has published about 7 research papers in National and International Journals. She received Best paper award for pesticide residue analysis at Bangalore Institute of Science. Also, she is an Advocate and qualified Yoga Trainer doing service in yoga for the past 20 years.

Madam has given a brief introduction to yoga to highlight the importance and necessity of yoga for both physical and mental well-being. She also explained about the various aspects of Ashtanga yoga of Patanjali. Few asanas were taught and practised by the students as part of practical session. Many difficult yogasanas were demonstrated by Dr. B. Balaiah, Retd. Senior Scientist from NFC. Two basic pranayamas were taught and made practised by the students. Students have actively participated in all aspects with good understanding and committed to attend a full course on yoga.

SESSION – II: Teamwork and Leadership Development by Dr. A. Shailaja

Dr. A. Shailaja, currently the Officer on Special Duty – Academic Relations at TASK, Department of IYE&C, Government of Telangana, handles the Skill Development initiatives

for the Core Engineering and various sectors. She heads the Entrepreneurship and Innovation Initiatives in collaboration with T HUB, WE HUB and TSIC. She was instrumental in launching the IT and A&R MOOCs for students, and has about 26 years of experience in IT/ITES/Telecommunications / Start-up and Education sectors. She has worked with world's leading organizations like DELL, etc

In her session, she focussed on leadership qualities, social responsibilities and academic qualification of a student which are essential for procuring a job. Also, soft skills, organizational skills and technical skills are helpful for identifying as a potential and competent job-seeker by any Institution at an interview. New learning approach should be adopted by the students moving from conventional to modern technology such as learning Apps and experiential learning methodologies.

SESSION – III: Lt. Dr. V. Deepika Rao, Mrs. Dorcas and Mr. Yadaiah

Sports and NCC: An introductory session about sports, entry into sports, facilities available in college, Inter-departmental competitions, coaching camps, participation in games and sports, etc were focussed and selection process to get into University and State team.

Students were briefed about NCC, benefits of join NCC, the minimum number of camps to attend, different National camps like Republic Day camp, ThalSainik Camp, National Integration camp, adventure camps, camps like trekking, rock climbing, cyclic expedition, etc and procedure for women students to get into armed forces.

National Service Scheme (NSS) is an Indian government program under the Department of Sports Authority, a Session was conducted for the freshers to develop students' personality through community service. NSS had its own identity, it can be used for the betterment of the society by proper implementation and to create social responsibility of the students. Some of the main objectives of NSS which are given below are explained in a nutshell.

- Understand themselves in relation to community
- Identify the needs and problems of the community
- Develop sense of social and civil responsibilities
- Acquire leadership qualities
- Develop capacity to meet emergencies
- Practice national integration and social harmony

SESSION – IV: Career Orientation by Mr. A. Tarun

The Topic was “Career in Deep Tech Age”. He spoke about the importance of Data Science & AI(Artificial Intelligence) in our day to day life. He explained the differences between the Robot way of thinking and Human being thinking patterns. He also pointed out how the students should set their goals in building up their career in this advanced society which is changing every second. He concluded the session by focusing on how the students have to change their reading; analysing and thinking styles in order to achieve their dream job.

Date: 6th July 2019

SESSION – I: Life Skills Mentoring by Prof. A. Satyanarayana

Professor Adiraju Satyanarayana is a resourceful and renowned personality with a vast experience of 40 years in the area of Banking, Services and Knowledge management. Presently, he is a well-known dignitary in the field of Psychology and Counselling, Psychotherapy. He is a Motivator, Hypnotist, HRD Trainer, Expert Behavioural Modifier.

On the Third Day of Induction Programme, Session I on “Life Skills Mentoring with Universal Human Values”, started at 10 am by Professor Adiraju Satyanarayana, an eminent motivational Speaker and a well-known HRD Trainer cum Expert Behavioral Modifier. Sir started off with Laughing Therapy and emphasised on energising our bodies by waking up early and praying God. He advised the students to have positive affirmation that every individual should keep repeating to oneself that he/she is healthy, special, perfect, powerful, intelligent, strong and confident person, with unique talent to prove that he/ she can achieve their goals. He explained that memory can be sharpened by polishing the brain with different brain exercises and stated that discipline and dedicated efforts should be put in and leadership qualities should be nurtured to achieve our goals. He gave the students the ABC Mantra for success i.e. A – Accept yourself as you are and Appreciate your self. B- Believe in Yourself and say that if one can do I can also do and if none can do I can do. C- Communication i.e. interactive communication and good body language will decide your altitude.

SESSION – II: Importance of Self Talk by Mr. Mirza Sibte Raza

Mr. Mirza Sibte Raza is a Motivational Speaker. He is presently running a Counselling Centre to address Psychological issues relating to Stress Management, Life Transition, Depression, Cultural Adjustments, Study and Career issues etc.

The Second Session was on, “Importance of Self Talk”, which was eminently handled by a renowned Motivational Speaker, Mirza Sibte Raza who mentors people in building Self Esteem and counsels’ persons on Psychological issues relating to Stress Management, Depression, Life Transition, and various Career issues. He opined that the way we think and interact with ourselves, will have its impact on our overall personality. He sighted many researches that proved that if we speak good words, it will have a positive and good impact on us and we will be constantly motivated to inculcate strong self-esteem which will in turn make us confident and successful persons. Self-talk will help in gaining insights about ourselves and enhances our mental competency to cope up with stress and boosts team spirit and positive attitude towards life. It was a well addressed self-talk session beautifully supported by scientific proofs, examples, anecdotes and also an interactive session well executed with group participation in exercises.

SESSION – III: Intellectual Property Rights by Dr. G. Vijaya Lakshmi

Dr G. Vijaya Lakshmi, faculty, UCW has 20 years of teaching experience and 14 years of research experience. She has published 19 research articles in reputed National and International journals. She has presented about 20 poster and oral presentations at National and International Conferences/Seminars, completed minor research project under UGC-BSR Start-Up Research Grant, attended 45 National and International Conferences/Seminars/Workshops across the country and one student has been awarded PhD.

She has delivered lecture on the topic “Intellectual Property Rights – Introduction” explaining about the objectives and significance of IPR in day to day life. She also spoke about the different types of IPR with a special focus on Patents and scenario of patents in India compared to other countries, impact of patents on Pharmaceutical Industries, benefits of IPR and patenting and its requirements from the future generations. She also discussed about some case studies which involved various types of infringements and solving of such cases legally.

SESSION – IV: Gender Bias and Gender Sensitization by Ms. Mariyah Ahmadi

Ms. Mariyah Ahmadi is a practicing Advocate. She is the Legal Associate for a leading MNC and is also working as a Legal Assistant at All India Muslim Women Help Line. She is an active member of Muslim Girls Association and is fighting for the rights of women. The last session was on the topic, “Gender Bias and Gender Sensitization”. The resource person was Ms. Mariyah Ahmadi, who explained that Gender Bias / Discrimination violates human rights and acts as a hurdle in the development of the country. She gives all the statistics which clearly show the extent of women discrimination starting right from their birth and lasting till they die. Discrimination is found in various fields like Education, Employment, Politics, Sports, etc. She enlightened the students about the various constitutional and legislative laws that have been incorporated to protect the rights of women and give them equal status along with men. She sighted various legislative laws related to Child Marriage, Immoral Trafficking, Medical Termination of Pregnancy, Prenatal Tests, Dowry laws, Women’s Right to Property etc. which are framed to protect women. She motivated the girls to be courageous, independent and empowered citizens who should fight for their rights and work for reducing the gender bias.

Date: 8th July 2019

On the 4th day of the Student Induction Program, the afternoon session included a lecture on Resource planning, Skill Development and Entrepreneurship by ALEAP team (Association of Lady Entrepreneurs of India). The speaker for this session was Ms. B. Kavitha Rajesh, from ALEAP. Since 1995, Mrs Kavitha Rajesh has been a member of ALEAP, presently Treasurer of ALEAP and secretary for ALEAP Industrial estate, committee member of CED (Centre for Entrepreneurial Development) of ALEAP which is involved in skill development. She is also a committee member of “Hyderabad Management Association” (HMA).

In this session, the vision and mission of ALEAP was discussed. ALEAP provides institutional and transparent mechanism of action with many innovative ideas to help women

who are in need of information to start-ups and support in establishing their own business. Ms. Kavitha also highlighted the flagship program of ALEAP which helps to convert ideas into business. The program provides entrepreneurship training, assist in infrastructure development, provides access to finance without collateral security. It also connects the manufacturer to the consumer, provides innovative manufacturing incubation for startups, connects to online portal (ALEIZONE) and provide platform to exhibit the products.

Her presentation also gave an insight on the activities of ALEAP, the focus areas of start-ups, achievements of ALEAP and the supporting organizations associated with ALEAP. Ms. Kavitha interacted with the students, explained them with examples how an idea can be shaped into a startup and transform it into an enterprise, which was received with a lot of enthusiasm from the students.

She also distributed discount coupons of ALEIZONE to students to encourage their participation and involvement in Start-ups. The session concluded by presenting a certificate of appreciation to the speaker.

Date: 9th July 2019

SESSION – I: Income Generation through Life Skills by Mr. Brijbushan

The session discussed about the topic ‘Income generation through life skills – Yoga’ by Mr. Brij Bhushan Purohit. The speaker is an experienced Yogacharya, practicing yoga for about 30 years and is specialized in treatment of various chronic ailments through yoga.

Sir has directed students in taking up yoga in the first hand for self-benefit, secondly for the sake of family benefits and finally practicing and learning yoga as an academic course can as well help them in income generation through teaching as yogic science is growing industry in recent years. According to Mr. Brij bushan, practicing of yoga as a student will have holistic approach which enables to excel in studies by increasing memory thereby confidence and hence get success. Also, practicing yoga in day to day life will certainly give sound health, reduce medical expenses as health is a byproduct of yogic practices and relieves one from psychosomatic disorders. In the end, yoga is being offered to students at school education level, universities, as a sport, medical and technological institutions. One who is certified in yoga can have carrier as it has a multifaceted dimension and is a prospered industry in changing times

SESSION – II: Departmental Orientation by Heads of the Departments

The second session was the departmental orientation to the students by all the Heads of the Departments of the college. Student Induction Program was definitely a unique platform where all the Heads of the Departments gathered together to address the freshers. The session began with the Language departments giving a brief profile of their departments and highlighting their unique features. Life Science and Physical Science Departments next expressed the exclusiveness of their respective departments in availability of infrastructural facilities, laboratory, high quality books, approachable faculty, etc. Lastly, the teachers of B. A. and B. Com. departments addressed the students by motivating them and giving assurance of full cooperation.

SESSION – III: by Library and e-learning resources by Dr. A. S. Chakravarthy

Dr. A. S. Chakravarthy, OU is specialized in the areas of Library Automation, Digitization, DSpace, E-resources, Information Retrieval, Search Strategies, etc. Sir has 29 years of University Library experience and 13 years of teaching. Sir has been instrumental in launching Shodhganga Project and e-Shodhsindhu at OU. Sir is also Incharge of Plagiarism checking at OU. Sir published 56 articles and attended about 60 seminars across India and abroad.

Sir discussed about the digital libraries which have the potential to offer unprecedented resources for supporting e-learning. Sir explained how e-learning is supported by the library environment, the functionality of the digital library and are included and organized in the digital library. The session provided a useful insight into the role and influence of digital libraries and online resources on e-learning, which the students were not aware of. E-learning has revolutionized the concept of conventional classroom teaching into digital learning and having the access to it at the finger tips, is making the learning more easy, simple and better. Sir also gave information about the various sources available on the internet which can serve this purpose and be helpful to the student community.

SESSION – IV: College Tour by NSS students

In the last session, NSS volunteers have assisted the first year students to take around the University College for Women. A team of 15 students were taken care by one NSS volunteer. It was a great coordination observed between the volunteers and the enthusiastic first year students to view prominent places in the College. The students were given a quick look of the silent zone where they enjoyed the beauty of the iconic Durbar Hall, expansive Library, sports rooms, all the departments and the laboratories, computer facility room, Administrative office, hostels, etc. Overall, the college tour of the students by the team of NSS volunteers was an enjoyable and informative ride.

Date: 10th July 2019

SESSION – I: Conservation of Resources by Dr. Raj Kumar, Department of Botany

Dr. Rajkumar, Speaker of the last day of Student Induction Program highlighted about the management of the natural resources, which are non-renewable like as minerals, oil, gas, and coal, or renewable, such as water, timber, fisheries, agricultural crops etc. Conservation of resources includes both saving and rational usage of the resources. The growing population and consumption of the resources at the alarming rate are some of the dangers that tomorrow's generations are going to face. Sir urged the students to play a proactive role in saving the natural resources according to their might. It can start from home as well such as saving water, stopping the unnecessary usage of electricity when not needed, etc.

SESSION – II: Go Green Revolution by Mrs. Dorcas

College has taken an initiative to plant by engaging the students for the “*Go Green*” Programme. This Programme enables the students to recognize the importance of tree plantation and contribute their best for the same cause. Practical experience has great impact compare to the theoretical knowledge. In this aspect students are given a sapling to generate

interest and encourage them to make an effort to enhance and preserve the biodiversity which is changed by human intervention. By planting the trees, the sufferings of entire humanity changes and create the responsibility towards the nature.

VALEDICTORY FUNCTION

The Valedictory function began in the afternoon session with a brief report by Dr. Aliya Begum, Student Induction Program Coordinator and announced that about 550 students have participated in the SIP program this year. Altogether about 21 sessions were held on large variety of topics like Integral personality through fitness, leadership qualities and teamwork, Yoga and science, Career orientation, life skills, goal setting and time management, gender bias and sensitization, etc. Next, the messages by the Principal Prof A. Roja Rani, Vice Principal P. Saritha Reddy and Vice Principal (Hostels) Dr. K. Shailaja have congratulated the SIP Coordinator, the faculty of UCW and the active participation by first year students, for the grand success of the program. The program ended with the Vote of thanks. Certificates were distributed by the Registration Committee to all the students who participated in Student Induction Program.