Batch - 2020

Student Induction Program Report

[Type the author name]

Jeppiaar Engineering College

Batch - 2020

JEPPIAAR
ENGINEERING COLLEGE

## DEPARTMENT OF SCIENCE AND HUMANITIES

## INDUCTION PROGRAM- AN OVERVIEW

2020-21 BATCH

The induction program was conducted for the first year students as per the curriculum of Anna University. When new students enter an institution, they come with diverse thoughts, backgrounds and preparations. It is important to help them adjust to the new environment and inculcate in them the ethos of the institution with a sense of larger purpose. It is organized by the Department of Science and Humanities on 11th, 12th, and 16th November 2020 for the first year students. The induction programme conducted through online mode due to COVID'19 - GOOGLE MEET and broadcasted through YOUTUBE.

The induction program comprised of interesting activities like the yoga, solo dance, drawing etc. The students enthusiastically participated in all the events. The yoga session, thematic drawing, Just a Minute talk were carried out. The rationale for induction was to ensure a smooth transition for the students into the university system.

MOTIVATIONAL SPEECH

An induction programme (motivational speech) was conducted on 11.11.2020 from 10am to 12 pm through google meet platform. Ms Punitha Anthony, Director, HR, CSS CORP delivered a motivational speech to the freshers (2020 – 2024) batch. The speaker encouraged the students by sharing her experiences in her college days. She discussed the importance of positive thinking and attitude which brings optimism in life. A total of 353 students and all the faculties of Science and Humanities department joined the session.

2
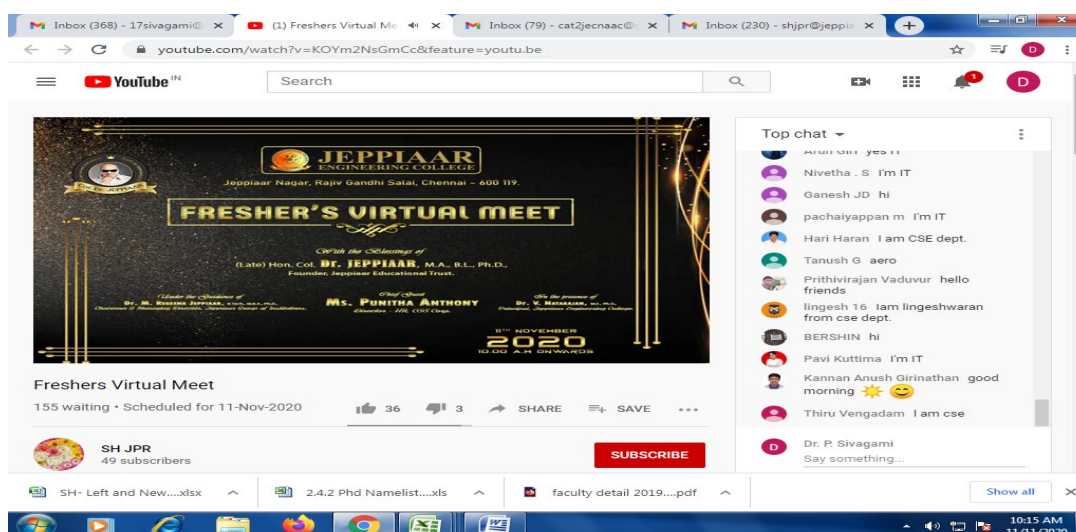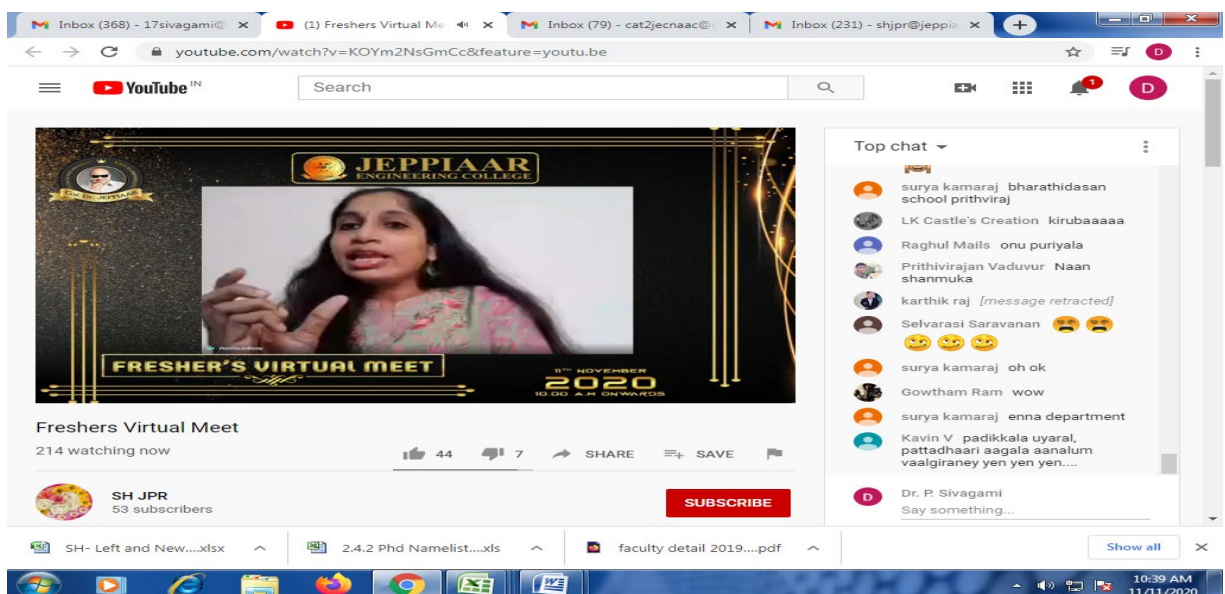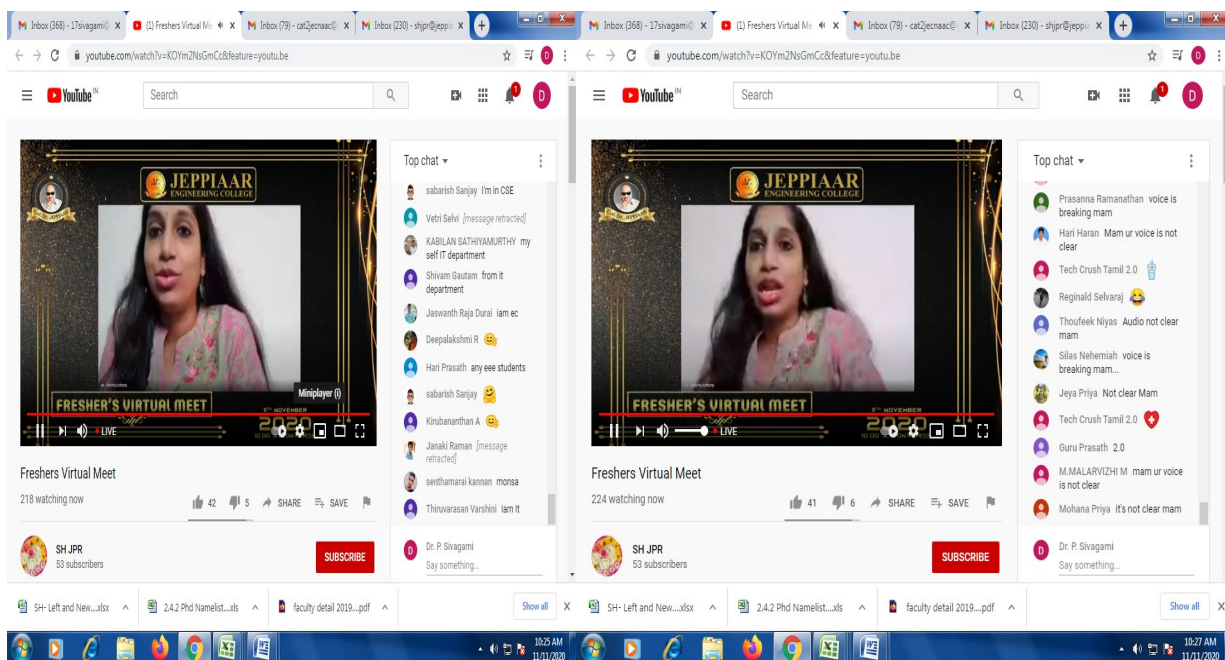
A post graduate in Management, Punitha has 15 years of professional experience in the field of Human Resources. A practicing HR generalist, she has rich experience in managing the HR function of a large Development Centre.

Punitha has diversified HR experience in the areas of Employee Relations, Business Partner HR, Legal and Disciplinary cases, Internal Communication, Development Centre Management, Change Management, External liasioning & Performance Management. She specializes in grievance handling especially sexual harassment issues. She heads the Employee Relations function and the Business Partner HR function for the largest unit in CSS Corp. Prior to joining CSS, Punitha had her first corporate stint with a recruitment firm Job Excel for close to one year and with Infosys for 9 years.

She is the Co- Founder and Managing Trustee of Maatram Foundation, an NGO that works on education initiatives. She leads the academic initiatives, career counseling of young students especially girl

children and guides the alumni students.

Punitha has won several awards and recognition for her efforts in Employee Engagement and for program managing large scale employee events. She is very passionate about training and has delivered many trainings for schools, colleges and corporates on Women education, women empowerment etc.

YOGA SESSION

The importance of YOGA in life was organized on **11/11/2020** between 11.00 AM to 12.00 noon, as a part of the induction programmes. Yoga session was steered by Mr.Arun Vijay Kumar, Assistant Professor, Department of Electronics and Communication Engineering, Jeppiaar Engineering College. He emphasised the importance of Yoga in daily life.

The development of spiritual knowledge only will enable mankind to share all the needs with love, respect and responsibility.

Yoga is the hype of the moment in the fitness world. But fortunately, this ancient discipline is something more than just a passing trend. Its roots are really ancient, and the modern evolution that we know is certainly different from its original nature. It remains, though, the desire for many people to approach this **meditative discipline** so fascinating which can help us find that difficult balance and give us that **physical and mental energy** so important to deal with our daily routine.

But do you know that there are different types of Yoga? It's important to know the differences in order to practice the type of yoga that best suits your needs. In this article, we present **5 different types of yoga and their benefits**.

YOGA AND ITS BENEFITS

No matter what style of yoga you choose to practice, you will likely see improvements in many areas of your health. By practicing regularly you can:

Increase your flexibility

Increase muscle tone and strength
Improve your circulatory and cardio health
Helps you sleep better
Increase your energy levels
Improve athletic performance
Reduce injuries
Detoxify your organs
Improve your posture
Improves anxiety and depression
Helps with chronic pain
Release endorphins that improve your mood

Different Types of Yoga
1. *Bikram Yoga*
This type of yoga is often practiced in a hot and humid environment, where the temperature reaches about **40 degrees**. There are about **26 different poses in the Bikram Yoga** and is perfect for those who are willing to lose weight: with only one class you can burn about 600 calories...prepare yourself for a big sweat! It's important to dress properly, with light and breathable clothing. The Bikram Yoga is suitable for people looking for a more intense workout, for those who want to develop strength, flexibility and muscle tone with a cardiovascular workout. Carry out this type of physical activity in hot environments also helps the body to relax, improve breathing and to develop a better mental focus.

2. *Hatha Yoga*
Hatha Yoga's history dates back to the **15th century**. Unlike other types, this yoga is practiced at a slow pace, relaxed, as it focused on meditation. Among the main purposes is to **introduce beginners to the main relaxation techniques and asanas** (postures or positions typical of yoga) and includes all kinds of styles of modern yoga. There are thousands of asanas in the history of yoga and of course, you can not do them all, but those who decide to engage in this type of yoga will learn to recognize names like **ArdhaChandrasana, Dhanurasana, Setubandh and Gomukhasana**.

3. *Vinyasa Yoga*
Vinyasa Yoga is also known as *Ashtanga Yoga*, and also for this variant, you can choose hot and humid environments as a place where to practice it. Vinyasa Yoga serves as a training to increase strength and helps to build lean **muscle mass throughout the body**. The advantage of using the Vinyasa Yoga as the primary method to build muscle mass is that all muscle groups receive the same attention, creating a careful balance thanks to a flowing and continuous movement. You may have heard of the **Sun Salutation** sequence or Surya Namaskar: it is a series of asanas performed at dawn, which incorporate and reflect all the sun's power and energy, worshiped and revered as God by ancient civilizations.

4. *Kundalini Yoga*
This type of yoga is also known as **'yoga of awareness'.** In fact, this practice penetrates into your mind and has a strong spiritual tension. Its peculiarity is to use movement, sound, breath and meditation to relax and restore the mind and the body, improving **strength, flexibility, and endurance**. **Kundalini Yoga** strengthens the nervous system, balances glands, purifies the blood, and works deeply on your subconscious. This will give you a greater awareness and ability to choose how to respond to your thoughts and your feelings. Through practice, you can train your mind and body to not react emotionally; That means not to repress your emotions, but rather to develop a kind of buffer zone, space and a time where elaborate thoughts and make educated choices.

5. *Anusara Yoga*
Anusara Yoga is a relatively new form of yoga (1997)**,** and it was founded by John Friend. This form of yoga is known as one of the most spiritual, and it focuses on your inner self, your mind, and soul. It can be considered one variant of Hatha yoga mixed with **tantric philosophy**. It's organized into three categories: attitude, action, and alignment. Anusara is a Sanskrit word that means "flowing with grace" and is based on the principle that all beings have an intrinsic goodness present in them. The practice of Anusara Yoga increases strength, toning muscles, and provides relaxation for body and mind.
Clearly, there are not only these 5 types of yoga to practice but many others. So read as much as you can

and ask questions to experienced instructors before picking the right for you. The advice is to practice this art not only for the physical benefits but to live it as an individual path, very personal and intimate. Yoga offers the opportunity to undergo a complete transformation - **physical, physiological and psychological**.

Restructuring the body in a natural way, **Kaya Kalpa** helps cure and prevent diseases. It relieves the practitioner of many of the troubles of aging. Kayakalpa Yoga is an ancient wonderful technique of the Siddhas(saints) of South India for the enhancement of life energy. In Sanskrit, the term "Kaya" means "body and "Kalpa" means "immortal".

Kayakalpa has a threefold objective

- Maintaining youthfulness and physical health,
- Resisting and slowing down the aging process,
- Postponing death until one reaches spiritual perfection.

In order to understand the science of Kaya Kalpa, we have to study the functioning of the humansystem. This system mainly comprises: (a) The physical body; (b) The mind; (c) The bio-magnetism (d) The life-force; and (e) The sexual vital fluid.

As the diagram illustrates, these are all interrelated:

LIFE-FORCE

BIO-MAGNETISM

SEXUAL VITAL FLUID

MIND

BODY
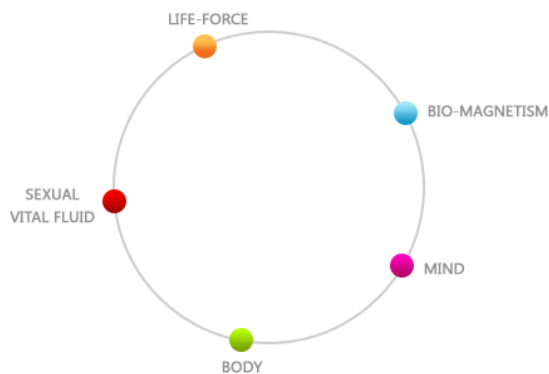
Benefits

- Activates the brain cells to its fullest functional levels
- Increases memory power and grasping ability.
- Develops the immunity system.
- Reduces the effect of hereditary diseases.
- Intensity of chronic diseases like piles, diabetes, asthma and skin diseases is reduced and cured.
- Strengthens the uterus. Menstrual problems are reduced to a great extent.
- Brings about proper arrangement of polarity of body cells.
- Brings about reformation of character.
- Helps in removing unwanted thoughts and habits.

Kayakalpa gives significant physical, mental as well as spiritual benefit by intensifying our life-force. As this practice is a restructuring process of the body in a natural way, no medicines or herbs are involved. Significant results have been observed in various types of chronic diseases and in overall improvement of general health. Kaya Kalpa helps cure and prevent diseases and relieves the practitioner of many of the troubles of aging.The Kayakalpa can be learnt by those who have attained physical maturity (age above 14).

Introspections

The process of analyzing and getting a total understanding of oneself.

Introspection is a practical methodology for sublimating the negative emotions of greed, anger, vengeance, etc., Between Thuriya and Thuriateetham the aspirant has to put himself though some important psychic practices under the process of Introspection in order to have his character reformed, to get enlightenment and to enjoy peaceful and happy life.

Synopsis

Practical self-analysis tools designed to take stock of positive and negative characteristics in your personality.

Eliminate the unnecessary and incompatible aspects of your character.

Strengthen the habits of good thought, word, deed and discerning and rejecting the habits unwanted.

Five primary aspects of Introspection

- Analysis of Thoughts.
- Moralization of Desires.
- Neutralization of Anger.
- Eradication of Worries.

Who am I – Realization of the Self?

These practices will make a man to understand the value of his own existence. By constant research and by leading a virtuous way of life, he dissipates the imprints of sins day by day. As a result, the soul becomes pure and perfect and his mind is peaceful.

Benefits

By exposition and practical techniques of introspection, one is enabled to suitably modify his or her hereditary and past traits.

One is able to change one's personality and bring out the latent talent and innate strength resulting in cheerful and successful life.

The process of analyzing and getting a total understanding of oneself. A systematic practice to get this understanding and to lead a life without causing pain to self and others.

Two fold moral principle

In my lifetime, I will not cause harm to the mind or body of myself or others, in the present or in the future.
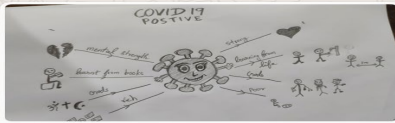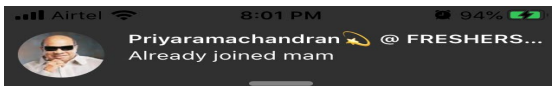
I will try to remove the suffering of others to the maximum extent possible.

The programme Yoga for day to day life was concluded by urging the student community to practise the simplified Yoga every day for their mental and physical health.
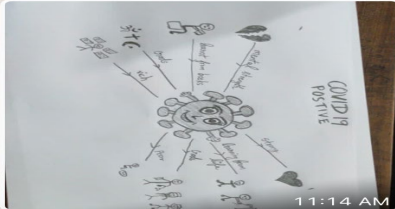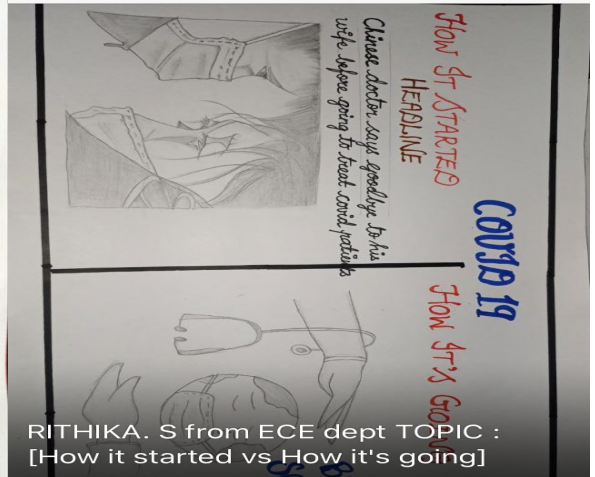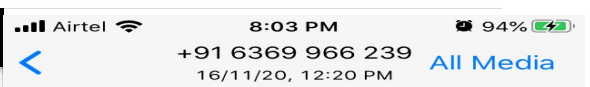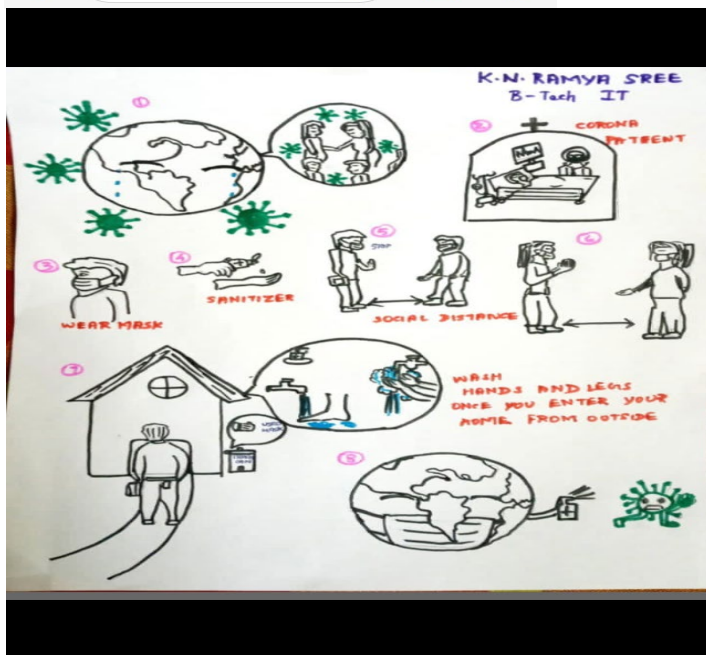
THEMATIC DRAWING
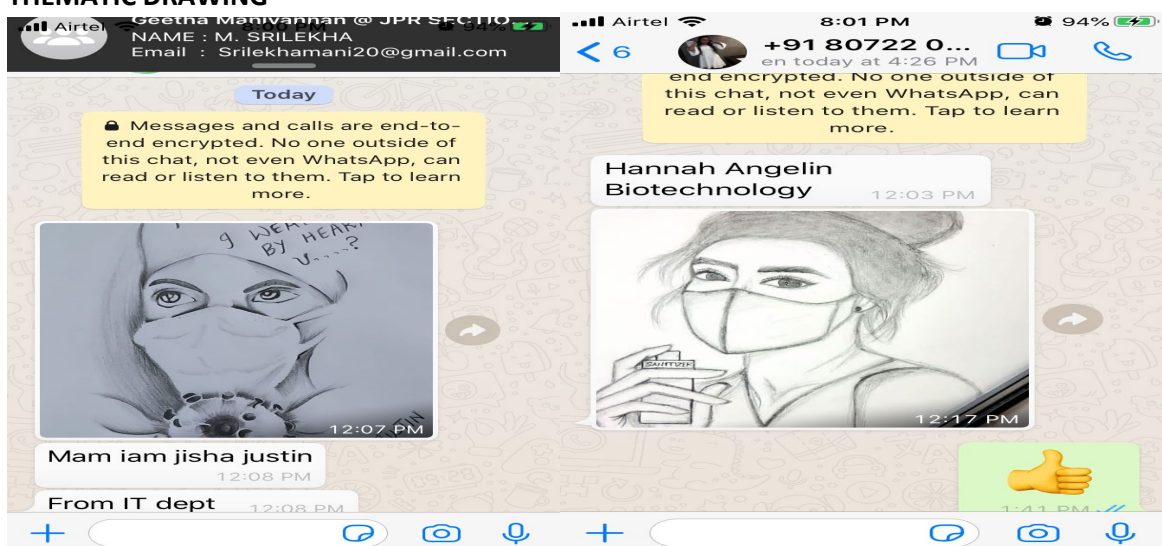
S.NO	NAME	DEPARTMENT
1	NIVEDHITHA. J	INFORMATION TECHNOLOGY
2	KARTHIK RAJ.G	COMPUTER SCIENCE & ENGINEERING
3	NIVEDHITHA.J	INFORMATION TECHNOLOGY
4	NIVEDHITHA.J	INFORMATION TECHNOLOGY
5	Kavyadharshini srinivasan	INFORMATION TECHNOLOGY
6	Sai Preethi.P	ELECTRONICS & COMMUNICATION ENGINEERING
7	Sai Preethi.P	ELECTRONICS & COMMUNICATION ENGINEERING
8	M. Thirisha	INFORMATION TECHNOLOGY
9	R. Christina Shalom	BIOTECHNOLOGY
10	RITHIKA. S	ELECTRONICS & COMMUNICATION ENGINEERING
11	Jeyapriya M	INFORMATION TECHNOLOGY
12	ANUDHARSIGA P	INFORMATION TECHNOLOGY
13	M. Thirisha	INFORMATION TECHNOLOGY
14	M. Thirisha	INFORMATION TECHNOLOGY
15	M. Thirisha	INFORMATION TECHNOLOGY
16	T.L.Cindurasri	COMPUTER SCIENCE & ENGINEERING
17	Aaraniga. R	COMPUTER SCIENCE & ENGINEERING
18	HARSHINI E V M	INFORMATION TECHNOLOGY
19	S. Bavesh	COMPUTER SCIENCE & ENGINEERING
20	J.JANANI	BIOTECHNOLOGY
21	JANANI.J	BIOTECHNOLOGY
22	Sangavi.B	COMPUTER SCIENCE & ENGINEERING
23	K.N.RAMYA SREE	INFORMATION TECHNOLOGY
24	Hariharan L	COMPUTER SCIENCE & ENGINEERING
25	K.SUBASHINI	AERONAUTICAL ENGINEERING
26	G.Ganeshkumar	COMPUTER SCIENCE & ENGINEERING
27	Hannah Angelin	BIOTECHNOLOGY
28	Sameer Khan	COMPUTER SCIENCE & ENGINEERING
29	Santhanakrishnan.k	COMPUTER SCIENCE & ENGINEERING
30	M. Thirisha	INFORMATION TECHNOLOGY
31	M. Thirisha	INFORMATION TECHNOLOGY
32	SILAS NEHEMIAH K	AERONAUTICAL ENGINEERING
33	R.Abinesh	COMPUTER SCIENCE & ENGINEERING
34	S. M. PAVAN KUMAR	COMPUTER SCIENCE & ENGINEERING
35	Varsha.k	COMPUTER SCIENCE & ENGINEERING
36	R.Abinesh	COMPUTER SCIENCE & ENGINEERING
37	Maneeswaran	COMPUTER SCIENCE & ENGINEERING
38	Jisha justin	INFORMATION TECHNOLOGY
39	Pradeep. T	INFORMATION TECHNOLOGY
40	S.Santhosh kumar	INFORMATION TECHNOLOGY

The third day of the induction program consist of "Thematic Drawing" from 10.45 a.m. to 12.00 p.m. through Google meet platform. Nearly 40 students have participated and shown their talents.

JAM (JUST A MINUTE TALK)
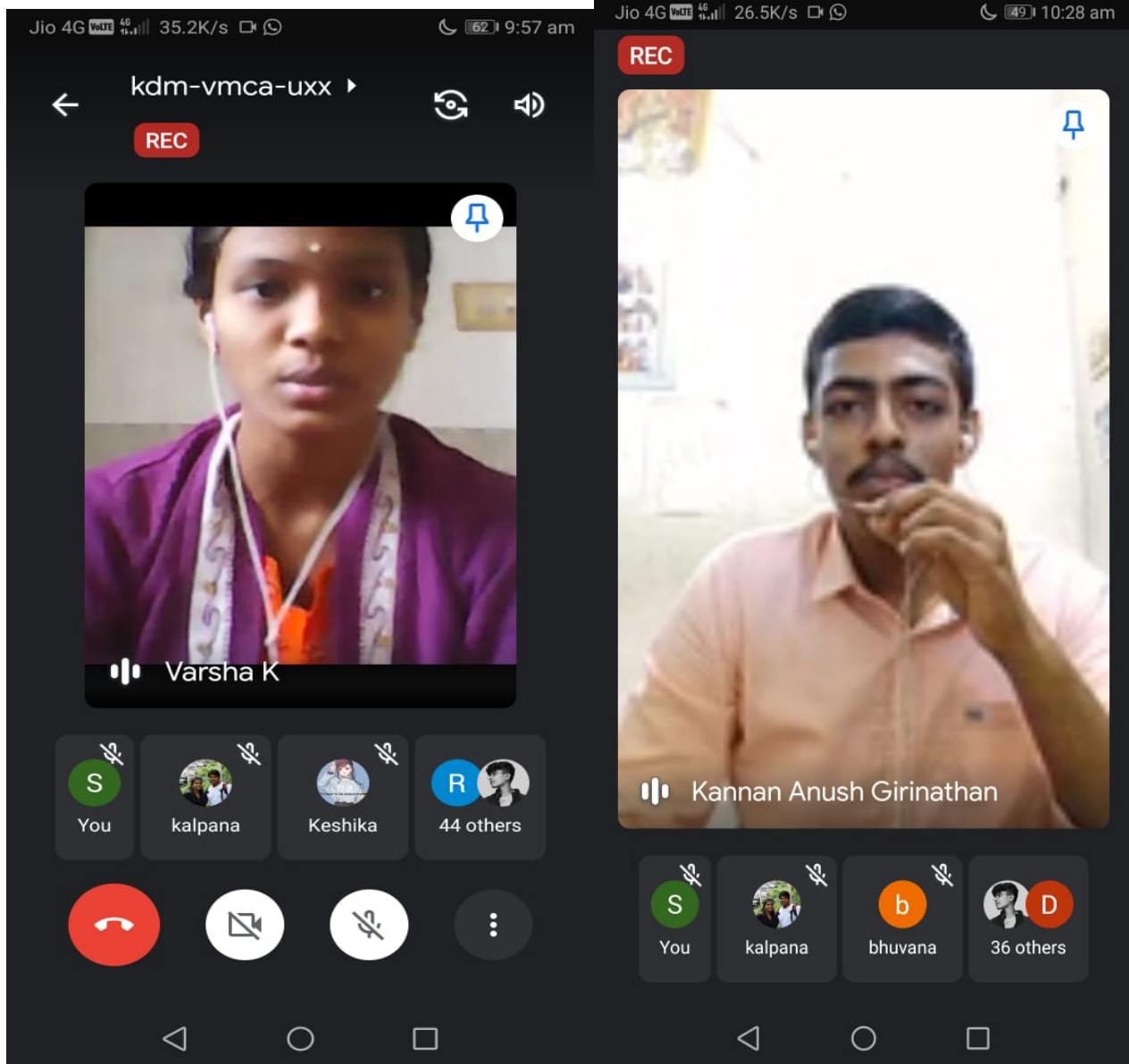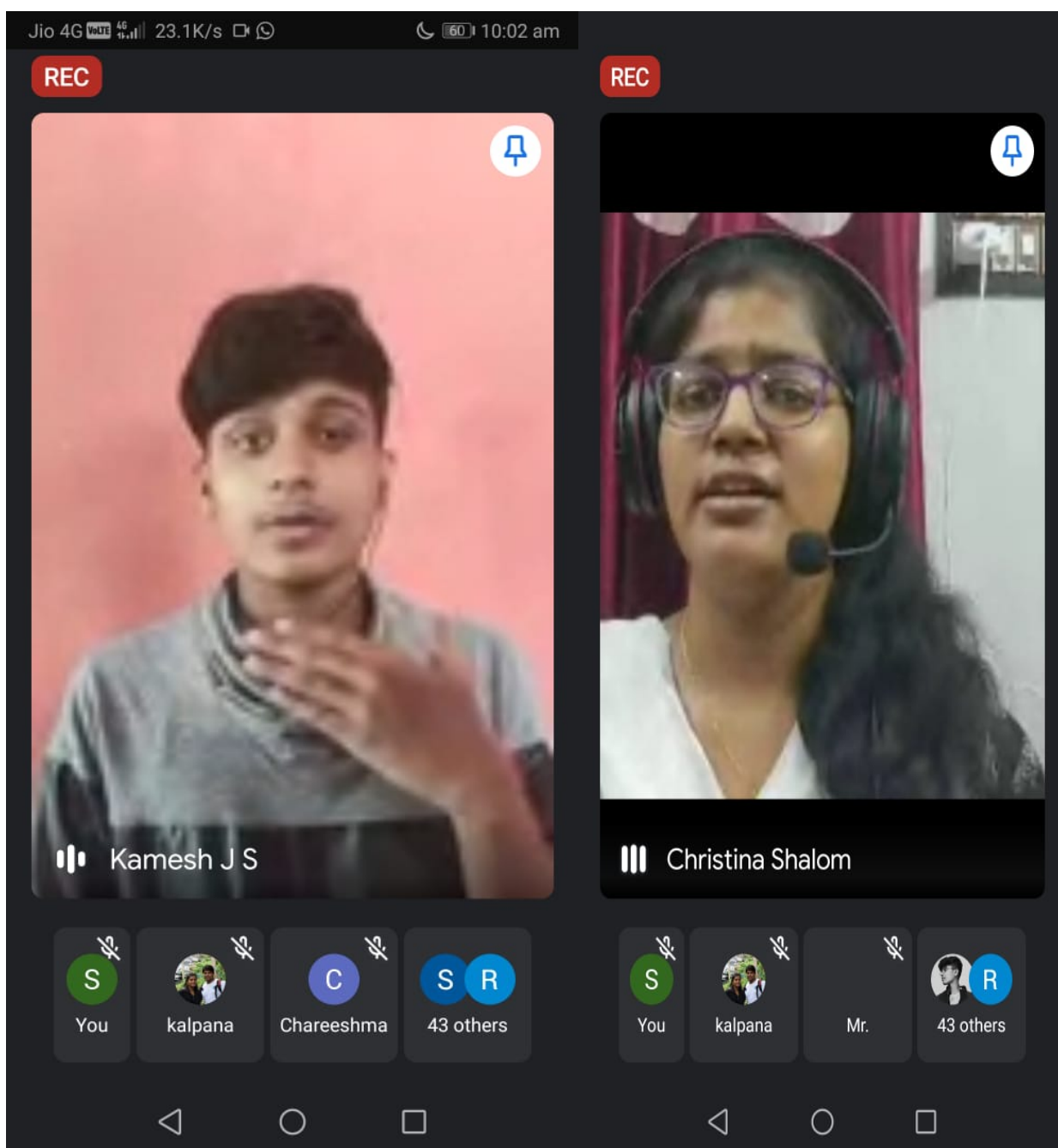
The Just a Minute competition tests student's creativity, presence of mind and command over language all within a span of one minute. It invites the student speaker to speak on a given topic without hesitation, repetition or deviation. The 41 participants displayed their oratory skills and spoke empathetically on the allotted topics. This JAM session provided a platform for the students to show their talent and expertise in impromptu speech.

JUST A MINUTE NAME LIST

S.NO	Student name	Department
1	Lokeshwari.R	INFORMATION TECHNOLOGY
2	C. Depak kumarasan	INFORMATION TECHNOLOGY
3	Thangapandi.g	ELECTRONICS & COMMUNICATION ENGINEERING
4	Hariharan L	COMPUTER SCIENCE & ENGINEERING
5	Kavyadharshini srinivasan	INFORMATION TECHNOLOGY
6	Kamesh JS	BIOTECHNOLOGY
7	J.Anoushieka	BIOTECHNOLOGY
8	Aaraniga. R	COMPUTER SCIENCE & ENGINEERING

9	NIVEDHITHA.J	INFORMATION TECHNOLOGY
10	Shamrudhaa R	BIOTECHNOLOGY
11	K. Preethy	INFORMATION TECHNOLOGY
12	Promoth kumar	INFORMATION TECHNOLOGY
13	ANISHA PRIYADARSHINI.R	COMPUTER SCIENCE & ENGINEERING
14	G.Ganeshkumar	COMPUTER SCIENCE & ENGINEERING
15	Hannah Angelin	BIOTECHNOLOGY
16	E.Aravindh	COMPUTER SCIENCE & ENGINEERING
17	Harshini S	COMPUTER SCIENCE & ENGINEERING
18	Vanipriya. PR	COMPUTER SCIENCE & ENGINEERING
19	Vanipriya. PR	COMPUTER SCIENCE & ENGINEERING
20	Sangeerth Krishna. R	BIOTECHNOLOGY
21	Sangeerth Krishna .R	BIOTECHNOLOGY
22	Thirisha. M	INFORMATION TECHNOLOGY
23	Rohini.B	ELECTRONICS & COMMUNICATION ENGINEERING
24	KESHIKA.L	COMPUTER SCIENCE & ENGINEERING
25	Yamuna E	ELECTRONICS & COMMUNICATION ENGINEERING
26	Jotheeswaran g	INFORMATION TECHNOLOGY
27	Varsha.k	COMPUTER SCIENCE & ENGINEERING
28	Varsha.k	COMPUTER SCIENCE & ENGINEERING
29	M GURU PRASATH	COMPUTER SCIENCE & ENGINEERING
30	Thirisha. M	INFORMATION TECHNOLOGY
31	K. Preethy	INFORMATION TECHNOLOGY
32	Sangeerth Krishna .R	BIOTECHNOLOGY
33	S.Santhosh kumar	INFORMATION TECHNOLOGY
34	M.Bhuvaneshwari	INFORMATION TECHNOLOGY
35	Bhuvana Rani	INFORMATION TECHNOLOGY
36	S Chareeshma	ELECTRONICS & COMMUNICATION ENGINEERING
37	Rohini.B	ELECTRONICS & COMMUNICATION ENGINEERING
38	ANUSH	INFORMATION TECHNOLOGY
39	KAMESH	BIOTECHNOLOGY
40	ALAGU MEENA	COMPUTER SCIENCE & ENGINEERING
41	SHAHIN	INFORMATION TECHNOLOGY

INSTRUMENTAL / SOLO SINGING

Ragu D

Kamesh J S

Santhosh Kumar.S

Singing is one of the simplest and yet most powerful forms of music- making. It is proven to have significant health benefits on a person. Thus to kindle the confidence of our inquisitive freshers a solo

singing competition was held for first year students on 13.11.2020. The Competition begin with great zest and excitement. The best performers of the day are Christina Shalom, Kamesh J S, Santhosh Kumar S.

SOLO DANCE

Dance is the most enthusiastic and expressive means to shower oneself. Adhering to its long lasting impact a solo dance competition was held for first year students on 12.11.2020 through virtual platform. The Competition began with great zest and excitement. The participants were dressed in colourful costumes. The audience encouraged the performers with full Zeal . The best performers of the day were

Srikumar

Rohini

Priscilla