



USHA MITTAL INSTITUTE OF TECHNOLOGY

SNDT Women's University, Mumbai

Induction programme report-2020-21

Students join the engineering institutes from diverse backgrounds and it is important that they acclimatize themselves to the new environment of the college. Keeping this as an objective AICTE has introduced mandatory induction program to the newly admitted engineering students before the commencement of the regular engineering classes. This would help the students feel comfortable with the cultures of the new institute, motivate them towards exploring academic and extra-curricular interests, to create bonding among each other and teachers, develop awareness, sensitivity and understanding about the self, society and nature.

After the successful completion of the first induction program in the academic year 2019-20, it was time to conduct first ever virtual induction program for the new engineering students amidst the pandemic. General engineering department of UMIT teamed up with the members of student council to plan and organize one week induction program for the freshers. It was conducted in the third week of January 2021. Events were planned to engage the students in physical activities, games, arts, to make them work for excellence, to enable team work, to promote bonding within them, to realize the broader view of life and to build character.

Induction program began with a formal virtual orientation program where Principal of Usha Mittal institute of Technology, Dr. Sanjay Pawar and heads of various departments addressed the first year students and their parents introducing them to the history and vision of SNDT University, UMIT culture, familiarizing them with the departments, placements and career opportunities for engineers. Later Student council and other student organizations gave compelling speeches about the councils on campus and encouraged the students to join their councils to achieve holistic and overall development and for an experience they will always cherish. They stressed on the importance to strive for balance between academics and extracurriculars. A virtual tour of the campus made the students feel that they are connected to the campus.



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To start the day in a healthy way yoga sessions were conducted every morning at 8 am by Dr. Anjali Joglekar (Dept. of physical education, SNDT Women's University) explaining the students about benefits of yoga. Apart from that physical fitness as well as self defense sessions were also conducted which are need of the hour. Sessions on soft skills, self and social responsibilities, understanding the essential life skills by well known speakers from TCS, members of art of living and ISKON were very refreshing and educative. These sessions have helped the students acquire their own learnings. Another exciting segment of this induction program was the sessions by distinguished alumnae. We were fortunate to have overseas alumnae from different engineering disciplines interacting with our freshers. They shared their memories on college life, team work that had helped them to mould their career. They also briefed the students on the importance of higher education and industry expectations. Students seemed very inquisitive while interacting with the alumnae. Since physical visit to a location by the students was not possible because of the current situation, a virtual industrial visit was carried out under the guidance of Dr. Vilas Kharat. Universal Human Values sessions by Prof. Rajni Nair introduced the basics of Holistic Development to our students. It helped them to clear their doubts on self and relationships. It allowed them to discover the values intrinsic in them through self-reflection. Student organizations and cells conducted fun games, art sessions and group activities for the first year students which helped them to build a bond between their peers and also the seniors. A proficiency test was conducted during the induction program to test student's knowledge and ability to perform in foundation courses and in English. Toppers were awarded with the certificates.

During the valedictory session, students came forward to share their feedback on the induction program. A talent show event was organized in which students performed as a team with their classmates. Winners of the talent round and other games conducted throughout the program were announced. This induction program was an amalgamation of events involving physical activities, games, team work, soft skill development, understanding of life skills and human values thus nurturing the holistic development of a student. The positive feedback of our students towards induction program is a motivation for General engineering Department to organize more such events. First-Year Induction Program 2020-21 was a great



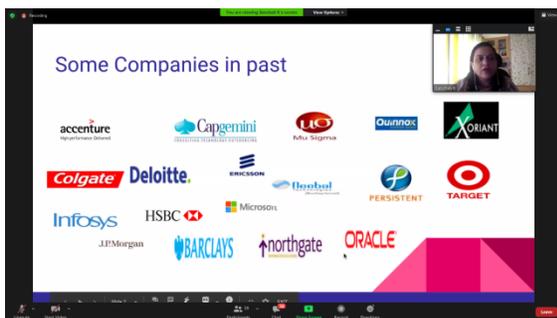
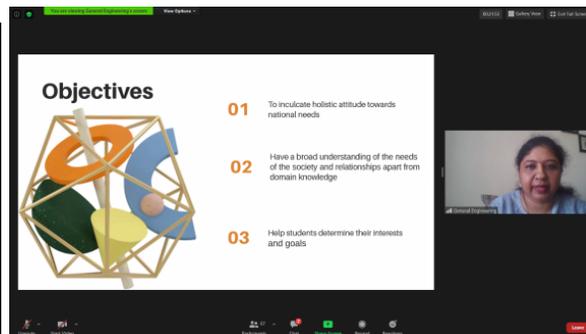
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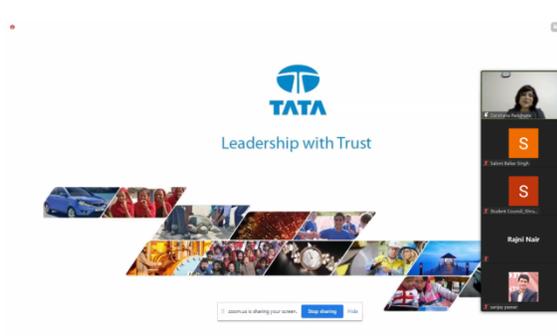
success with the teamwork of General engineering Department and the student volunteers under the guidance of Prof. Sharmila A.K. and Prof. Rajni Nair.

Glimpses of various sessions conducted during the induction program can be seen in the images below

Orientation program



Expert lectures



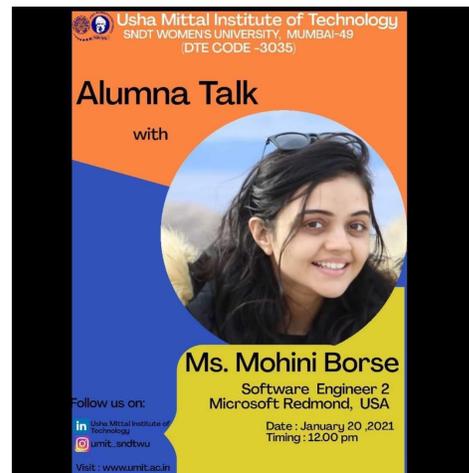
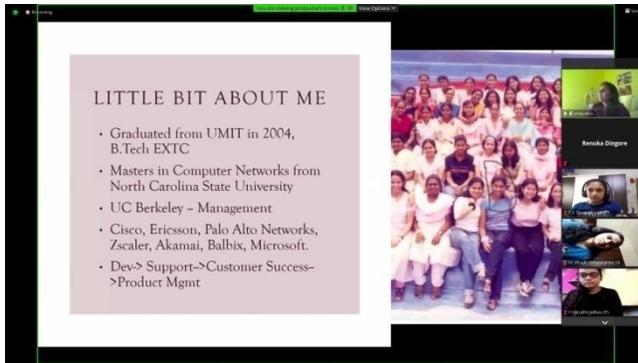


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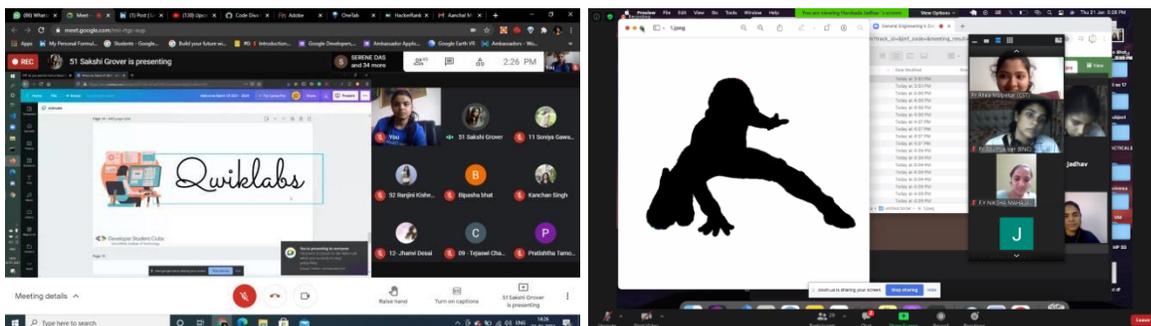
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Alumnae interaction



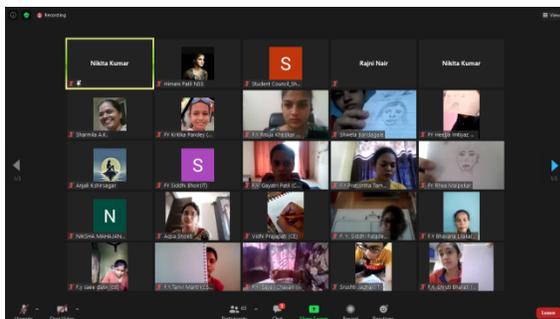
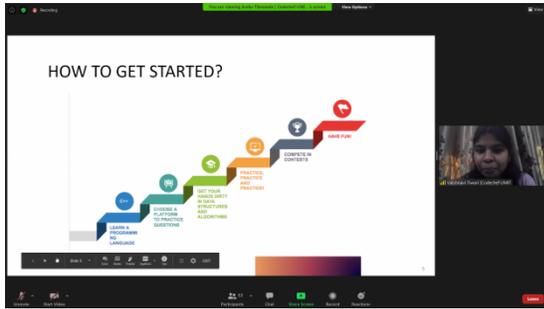
Talk with seniors and council members





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Yoga/Fitness/ self defense



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What is Physical Fitness..?

Physical Fitness is the ability of a person to carry out the daily tasks with vigor and alertness without undue fatigue and with ample energy to enjoy leisure time pursuits and to meet unforeseen emergencies.

Components of Physical Fitness

- 1 Strength
- 2 Stamina
- 3 Flexibility
- 4 Speed
- 5 Endurance