

## **REPORT ON DEEKSHARAMBH- STUDENT INDUCTION PROGRAM(26 JUNE 2023 -5 JULY 2023 )**

### **DAY 1- 26/6/23**

The Student Induction Program, DEEKSHARAMBH, for First Year Undergraduate students of Arts, Science and Commerce streams of Sree Ayyappa College for Women, Chunkankadai, for the academic year 2023-24, was inaugurated by the Principal Dr. K.V. Jayasree. The inaugural ceremony was conducted in the Seminar Hall of the college in the forenoon. The first speaker of the day was Dr. P. Renju, Assistant Professor, English Department, S.T. Hindu College, Nagercoil. Dr P. Renju spoke on the Benefits and Importance of Learning English. The resource person also created awareness regarding career opportunities. It was an interactive session that set the tone for the rest of the program. Students actively participated in the session.

### **Day 2- 27/6/23**

The second day of the Student Induction Program- Deeksharambh began with Prof. Dr. Swarnalatha Raju, Vice- Chairman, Suraksha Community Centre, addressing the first year undergraduate students of Sree Ayyappa College for Women. Students of the various streams were divided into Group A and Group B. Parallel sessions were conducted for the students in the forenoon and afternoon, on various topics associated with proactive development of adolescent students. The other speakers from Suraksha Community Centre who spoke effectively to the students on various topics were Mr. Dhenesh Krishnan B.E, M.B.A, MSW, Ms. Disalini, Family Councillor, and Ms Subaja, counsellor. The speakers created awareness on personality development, positive outlook on challenging life situations, empowerment through education and the necessity for menstrual hygiene. These talks were extremely enriching and informative.

### **Day 3- 28/6/23**

The third day of the Student Induction Program- Deeksharambh was helmed by Ms Naveena. A, Assistant Professor, Department of English, Pasumpon Mathuramalinga Thevar College, Tenkasi. The resource person spoke about Personality Development. She was able to garner the attention of students through stories, myths and anecdotes from the lives of great people. The speaker eloquently spoke about the need for effective goal development and encouraged active participation of students.

The parallel session on Heartful Meditation was conducted by trainers- Dr. P.S. Nathan, Sr. Devi Elayaperumal and Mr Loganathan, Ms P. Prema Tharmaraj and Ms N. Thenmozhi. The lively and enriching session involved talks on and practice of Yoga and meditation. Students were taught certain Yoga exercises and techniques for meditation that would empower them in their academic life.

#### **Day 4- 29/6/23**

The fourth day of the Student Induction Program- Deeksharambh had parallel sessions for the two groups of students by Dr Mathana, MBBS. MD (Anaes), Emergency Medical Officer, Department of Emergency Medicine, Government Medical College Hospital, Tirunelveli, on Health and Hygiene. She spoke about the need for including exercise in the daily routine.

Dr Krishna Surendran, MBBS, MS OBG,MCE,FICMCH, spoke in detail about the indispensability of emotional stability and the need for menstrual hygiene. She also focused attention on the need to curb screentime for a healthy and fruitful student life.

The day also witnessed sessions on Cyber Security & Awareness on Drug Abuse by Adv. Anu Lekshmi, RRN Associates, Kuzhithurai Combined Court. She spoke in detail on cyber security, created awareness on drug abuse. The resource person informed students about the importance of cyberlaw and also imparted information on steps to prevent violence.

During the afternoon session, Dr. Uma Selvan, MBBS Dp.G.O. Retired Chief Medical Officer, Nagercoil Corporation, addressed the students. The talk was on the importance of a healthy diet that includes essential and indispensable vitamins and minerals. The students were provided brochures on adolescent health and educated on the need for menstrual hygiene.

#### **Day 5- 3/6/23**

The fifth day of the Student Induction Program- Deeksharambh, had Domain Centred Programs, conducted for the new batch of undergraduate students by their respective departments. Interactive orientation sessions were conducted by faculty members of respective departments. The students were provided detailed briefing on the academic and extracurricular activities organised and conducted by their departments.

#### **Day 6- 4/3/23**

The sixth and concluding day of the Student Induction Program- Deeksharambh, began with a sessions by Prof. Dr. Swarnalatha Raju, Vice- Chairman, Suraksha Community Centre. She provided awareness to students regarding Bureau of Indian Standards (BIS) and Indian Organisation for Standardisation (ISO). The talk also dealt with FSSAI and AGMARK. Students were taught about checking allergen advice provided by manufacturers on food, medicine and skincare product packages. The mantra of REDUCE, REUSE, REFUSE, RECYCLE AND RETHINK was imparted to students.

A drama on the problem of dowry was performed and thus awareness on this societal problem was provided to students.

An informative talk on Consumer Awareness was delivered by Mr. S.R. Sriram, President, Consumer Protection Association, Kanniyakumari in the parallel session. Information on various types of consumers, Consumer Protection Act, and methods of grievance redressal were

provided by the speaker. The various queries of the students were patiently answered by the speaker.

The afternoon session was conducted by Mr A. William Benjamin, Inspector of Police, Colachel Traffic Police Station, and Sub Inspectors Messrs Suresh Kumar, Gurunadhan and Chidambaradhanu on road safety, use of helmets and seat belts. Road safety awareness was effectively created through presentation of road accident videos. Safe driving techniques and accident prevention measures were effectively covered by the team of traffic police officers.