REPORT ON INDUCTION PROGRAM FOR FIRST-YEAR DIPLOMA STUDENTS ADMITTED DURING THE ACADEMIC YEAR 2023-24

As per the AICTE guidelines, the Two Weeks Induction Programme was conducted by Loknete Gopalraoji Gulve Polytechnic for the First Year Diploma Students (2023-24Batch) from 1August and then continued from 1August 2023 to 9august 2023. Students were welcomed by Roes and sweets followed by the refreshments.

A spectrum of sessions had been organized under the Induction program and was presented by eminent speakers from their respective fields. The induction program consisted of entrepreneurship, core values and attitude, dermatology, Indian classical dance and music, and UBUNTU sessions.

Three days Yoga session was organized by Mr. Kalpesh Bhalekar. The students were given an insight into the Yoga Culture in India by leading them through a practice session of various Yogapostures (Asanas) breathing exercises (Pranayama) and mindfulness (Meditation). They were also introduced to various yogic concepts through a brief lecture session to encourage thestudents to take up the practice of yoga to improve their mental health, reduce stress and increase relaxation.

The date-wise details of the sessions conducted are given below.

1August 2023ORIENTATION PROGRAM

The Orientation program was conducted online on 1August 2023. for the newly admitted F.Y. Diploma students during the academic year 2023-24. Chief guest Dr.O.G. Kulkarni Chairman Adv. Sandeep Gulve, Principal R.R.Joshi, Co-Ordinator

S.C. Darade, Head of Mechanical Engineering Department Amol Sinare, Head of Civil Engineering Department Saurabh Ugale, Head of Computer Engineering Department Ifat Patel, Head of Electrical Engineering Department, Training and Placement Officer Pravin Thakare, andFirst-year Faculty members addressed the students.

Session 1: YOGA (10:00 AM - 12:00 PM)SPEAKER: Mr. Kalpesh Bhalekar

In the session for YOGA, he gave an introduction to YOGA and explained the importanceof Yoga and meditation techniques in our day-to-day life. The importance of yoga in life was organized on 2/ 10/2023 between 10.00 AM to 12.00 noon as a part of the induction programs. The yoga session was steered by Mr. Kalpesh Bhalekar, a Trained Yoga teacher. He emphasized the importance of Yoga in daily life. The development of spiritual knowledge only will enable mankind to share all their 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 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 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

Session 2: Skills for Engineers (2:00 pm TO 4:00 pm)SPEAKER: Prin. R.R. Joshi

Prin R.R. Joshi has experience in the industry as well as in the field of education. To motivate and guide students he briefed them about an engineer's basic skills and knowledge required in the session

3 aug 2023

Session 1: YOGA (10:00 AM - 12:00 PM)SPEAKER: Mr. Kalpesh Bhalekar

In this session, he conducted Yoga meditation techniques and gave an insight into variousasanas practiced in YOGA.

Session 2: Learning Beyond the limits (2:00 pm to 4:00 pm)SPEAKER: Mrs. Bharthi Menon

Mrs. Bharthi Menon is working as a student counselor. She has 30 years of experience in dealing with kids as a teacher and principal. She gave motivation to students on how not to limit themselves and how to avoid learning barriers. She guided students on how to grab different opportunities.

5 aug 2023

Session 1: YOGA (10:00 AM - 12:00 PM)
SPEAKER: Mr. Kalpesh Bhalekar

In this session, students had a practical session on various asanas and meditation techniques.

Session 2: Orientation of Library including online
courses (2:00 PM - 4:00 PM)
SPEAKER: Mrs. Pratibha Nyharkar

Mrs. Pratibha Nyharkar is the LGGP librarian and she briefed the students about the library committee of the college and gave a detailed session about the various facilities available in the library.

6 aug 2023

Session 1: Focus... in an era of distraction
(10:00 am to 12:00 pm)
SPEAKER: Ex. Justice Konarc Gujrathi

In this session, the speaker briefed about how to stay focused in today's era of digitaldistraction and how to successfully get a healthy practice of regulated attention.

Session 2: Vision 2025 - Life after Diploma
(4:00 pm to 6:00 pm)
SPEAKER: Mr.Pravin Thakare

Mr. Pravin Thakare is a lecturer and TPO officer in the LGGP.In his session, he gave limelight on career guidance to the students.

7 aug 2023

Session 1: Importance of Soft Skills (10:00 am to
12:00 pm)
SPEAKER: Ms. Shailee Pandya

Me. Shailee pandya is a lecturer in LGGP. In her session, she gave insights about soft skills and hard skills. And how one can develop soft skills, and it will help students to build their careers as well as in day-to-day life.

Session 2: Rangoli Coemption (2:00 pm to 4:00 pm)

REENA SABLE

7 aug 2023

Session 1: How to get placed...
(10:00 am to 12:00 pm)
SPEAKER: HR Meera Segal

HR Meera Segal is an HR in a well-known MNC. In her session, he gave insights into how placements work and the dos and don'ts for getting good job opportunities.

Session 2: Visit the nearest areas
(1:00 am to 4:00 pm)

Session 1: Poster Presentation
(10:00 am to 12:00 pm)

Session 2: Photography Competition

(2:00 pm to 4:00 pm)

Session 2: Photography Competition
Pictures captured by students.