



Vidyavardhini's College of Engineering & Technology

Department of First Year Engineering

---



Contact

K.T. Marg, Vartak College Campus, Vasai Road (W), Dist-Palghar, Vasai, Maharashtra 401202

Phone No.: 0250 233 8234

**A REPORT ON STUDENT INDUCTION PROGRAMME FOR  
FIRST YEAR STUDENTS FOR THE ACADEMIC YEAR 2021-22**



## **CONTENT**

- **INTRODUCTION**
- **TIMETABLE**
- **EVENT DETAILS**
- **ACKNOWLEDGMENT**
- **PHOTOGRAPHS**



## **INTRODUCTION**

Vidya Vardhini's College of Engineering and Technology organized a Three-week induction program for the fresh candidates to First Year Students in line with the AICTE requirements.

### **OBJECTIVE**

The objective of the program is to make the students feel comfortable in their new environment, open them up, set a healthy daily routine, create bonding in the batch as well as between faculty and students, develop awareness, sensitivity and understanding of the self, people around them, society at large, and nature.

The time during the Induction Program is also used to rectify some critical lacunas and sensitize them towards exploring their academic interest and activities, reducing competition and making them work for excellence, build relations between teachers and students and overall personality development. The induction program contained of interesting activities like motivational speech, team building activities, expert lectures, and campus orientation sessions etc. The rationale for induction was to ensure a smooth transition for the students into the university system.

The following major activities under the induction program in which the students would be fully engaged throughout the day for the entire duration of program, this includes:

1. Physical activity: This would involve a daily routine of physical activity with games and sports which will help them to develop team spirit.
2. Proficiency Modules: Lectures on Basic English, Basic Mathematics, and Basic Computer Operation were conducted, and tests were taken to refresh the knowledge of the students. These lectures and tests were useful to recall and recollect the knowledge of the students.
3. Universal human values: It gets the student to explore on self and allows one to experience the joy of learning stand up to peer pressure, take decisions with courage etc.
4. Literary: Literary activities involved reading, writing, debating and enacting a play.
5. Lectures by Eminent People: This period can be utilized for lectures by eminent people to give the exposure to the students in various fields.

A total of 400 students participated in this program which was conducted from 13<sup>th</sup> December –1<sup>st</sup> July 2022 & then it was continue throughout the semester. Faculty and student mentors from across programs worked extensively to ensure that the induction was well organized. The following report



# Vidyavardhini's College of Engineering & Technology

## Department of First Year Engineering

includes the schedule and brief notes on the various events conducted as part of the induction program.

### TIMETABLE

DAY	DATE	SESSION	TIME	EVENT
1	13/12/2021	Session 1	10.00am -1.00pm	Orientation program
2	14/12/2021	Session 2	10.00am -1.00pm	Guest Lecture -Interaction with Industry Expert
3	15/12/2021	Session 3	2.00pm -4.00pm	Introduction to Sport Facilities activities
4	16/12/2021	Session 4	11.00am -1.00pm	Music Therapy with IOT
			2.00pm -4.00pm	Introduction to NSS.
5	17/12/2021	Session 5	10.00am -1.00pm	Introduction to Student Council activities
6	20/12/2021	Session 6	4.00pm -5.00pm	Introduction to E-Cell activities
7	21/12/2021	Session 7	4.00pm -5.00pm	Introduction to SAE India
8	4/4/2022 & 5/4/2022	Session 8	4.00pm - 5.00pm	Lectures on Basic Mathematics
9	6/4/2022 & 7/4/2022	Session 9	4.00pm - 5.00pm	Lectures on Basic English
10	8/4/2022 & 11/4/2022	Session 10	9.30am -12.00pm	Diagnostic test Lectures on Basic computer operation
11	12/4/2022 & 13/4/2022	Session 11	4.00pm - 5.00pm	Diagnostic test Lectures on Basic computer operation
12	18/4/2022 & 19/4/2022	Session 12	3.00pm - 5.00pm	Diagnostic test Lectures on Basic computer operation
13	20/4/2022 & 21/4/2022	Session 13	4.00pm - 5.00pm	Diagnostic test Lectures on Basic computer operation
14	29/3/22 &1/4/22	Session 14	11.15am - 1.15pm	Seminar on 'Universal human values (Self-Assessment)' conducted by Ms. Poonam Surunge
15	29/5/22 , 2/5/22 & 4/5/22	Session 15	4.00pm - 5.00pm	Seminar on 'Physical Fitness Session' conducted by Speaker Mr. Akshay Vernekar from Physical Fitness Trainer.
16	25/05/2021	Session 16	4.00pm - 5.00pm	Literary Activity
17	22/4/2022	Session 17	4.00pm - 5.00pm	Webinar on 'Behavioural Psychology for Better You' conducted by Speaker Ms. Rashmi Marathe Lokapure .
18	26/4/2022	Session 18	4.00pm - 5.00pm	Webinar on 'Design Your Career' conducted by Speaker Mr. Harshad Bhagwat.
19	21/06/2021 -1/7/21	Session 19	4.00pm - 5.00pm	Sports Activity



### **DAY 1- FE Orientation Program 2021**

Vidyavardhini's college of Engineering and Technology's FE Orientation Program was held on 13<sup>th</sup> December 2021. The program was conducted virtually due to the Covid-19 pandemic.

The program commenced with the anchor, Ms Beauty Verma welcoming the Principal, Deans, all the speakers of the orientation program, all the teaching and non-teaching staff, students and their parents. She then introduced the Principal, Dr. Harish Vankudre and requested him to take over. The Principal welcomed all the students and congratulated them for their success. He presented his message and discussed about the NBA process which the college has applied for.

Afterwards, Ms Beauty Verma introduced Dr. Vikas Gupta, Dean Academics, who gave a brief history about the college, the programs and the various branches. He further talked about the vision and mission of the institute, curricular planning, infrastructure facilities, various academic and administrative bodies and technical events.

Later, Dr. Amrita Ruperee, Dean Student's affairs, talked about extra-curricular activities and various committees like NSS, Students Council, Proctor system, Sports Committee, Literati Committee and Scholarship.

FE Co-ordinator, Dr. Sunayana Jadhav, addressed the students regarding FE structure, rules and regulations, FE staff, Physics and Chemistry labs, curricular aspects, examinations, credit system etc.

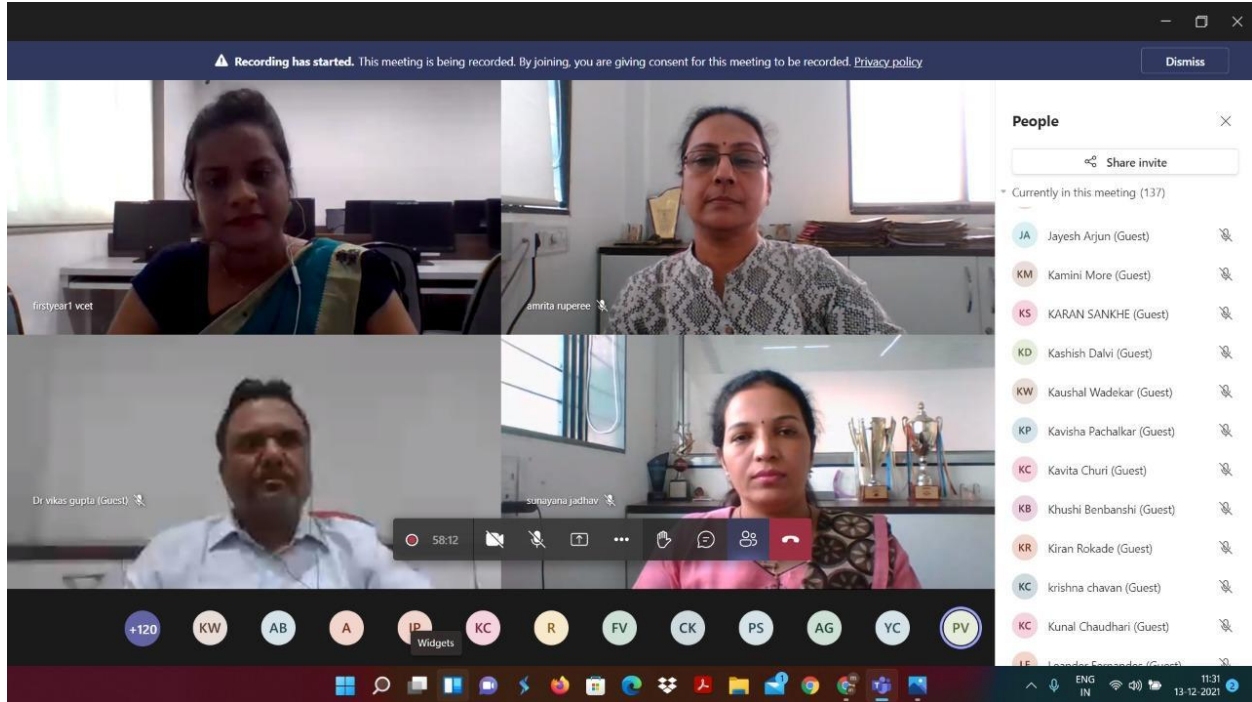
Mr. Prafulla Patil gave a brief introduction about Industry Institute Interaction and various activities of Training and Placement Cell. Prof. Dipak Choudhari then briefed the students about the FE Induction Program.

FE toppers Dream Patel and Vaibhav Mishra shared their experiences in VCET. Later, Mr. Mayur Gohil gave vote of thanks. The Program ended with Prof. Dipak Choudhari playing a video of the college and its various activities.



# Vidyavardhini's College of Engineering & Technology

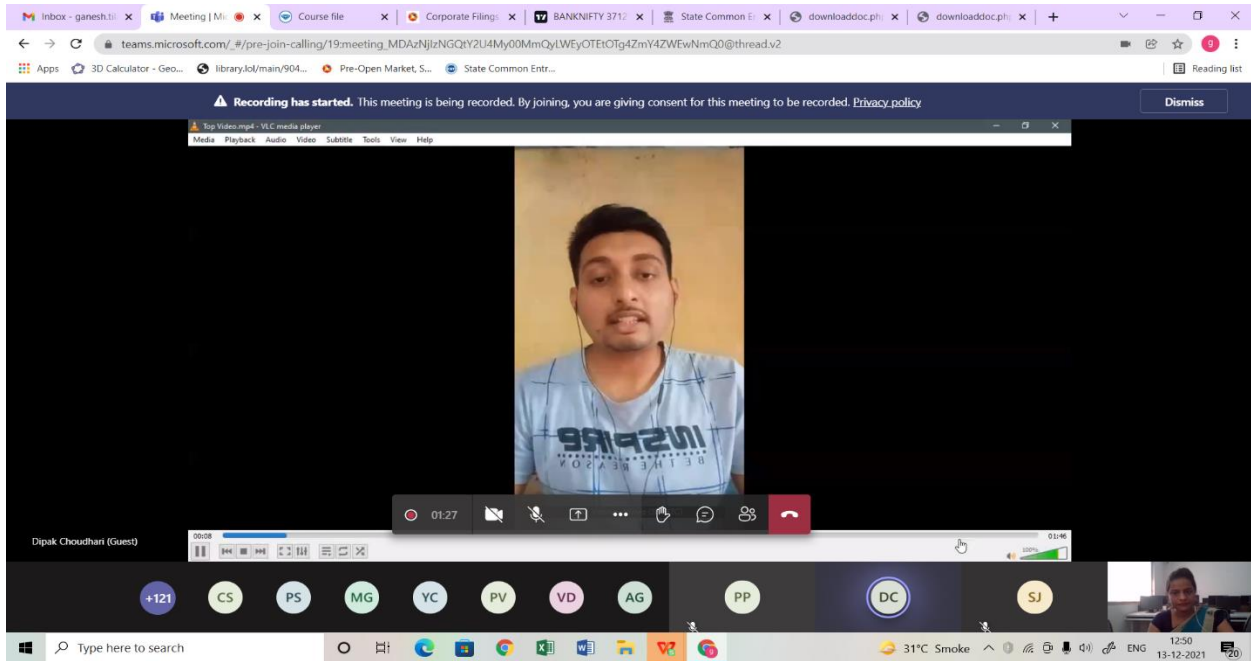
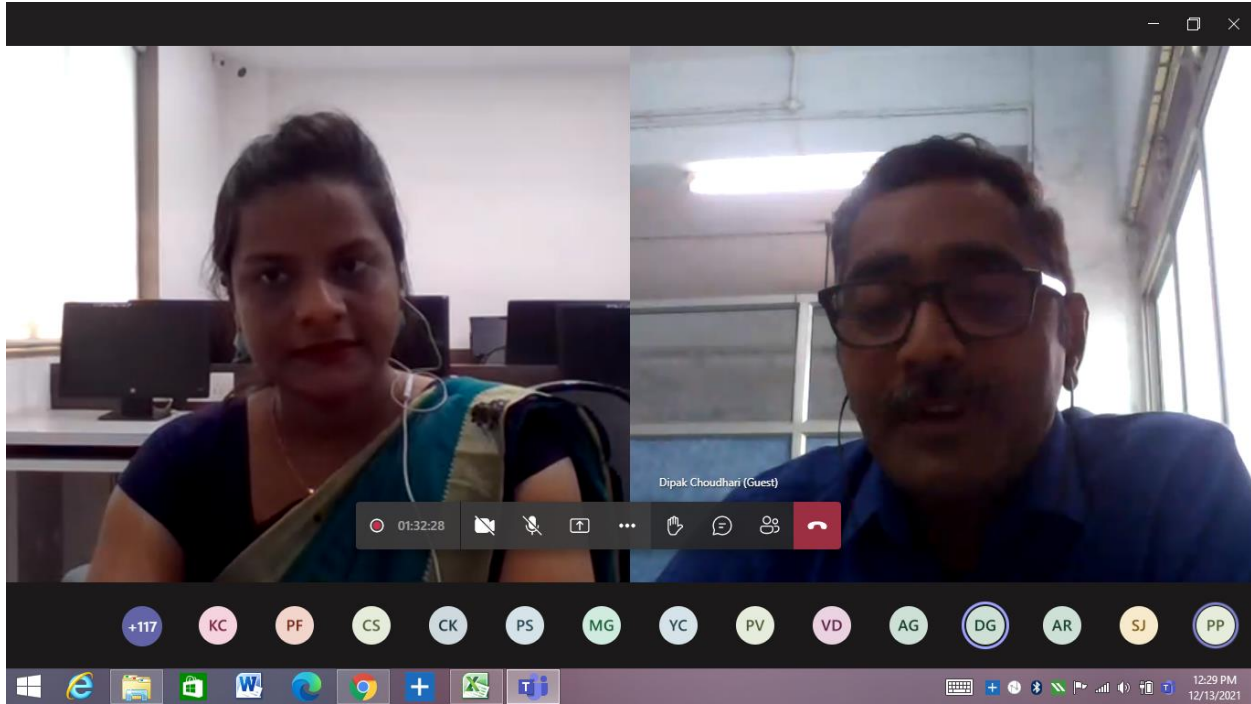
## Department of First Year Engineering





# Vidyavardhini's College of Engineering & Technology

## Department of First Year Engineering



### DAY -2 FE Orientation Programme



# Vidyavardhini's College of Engineering & Technology

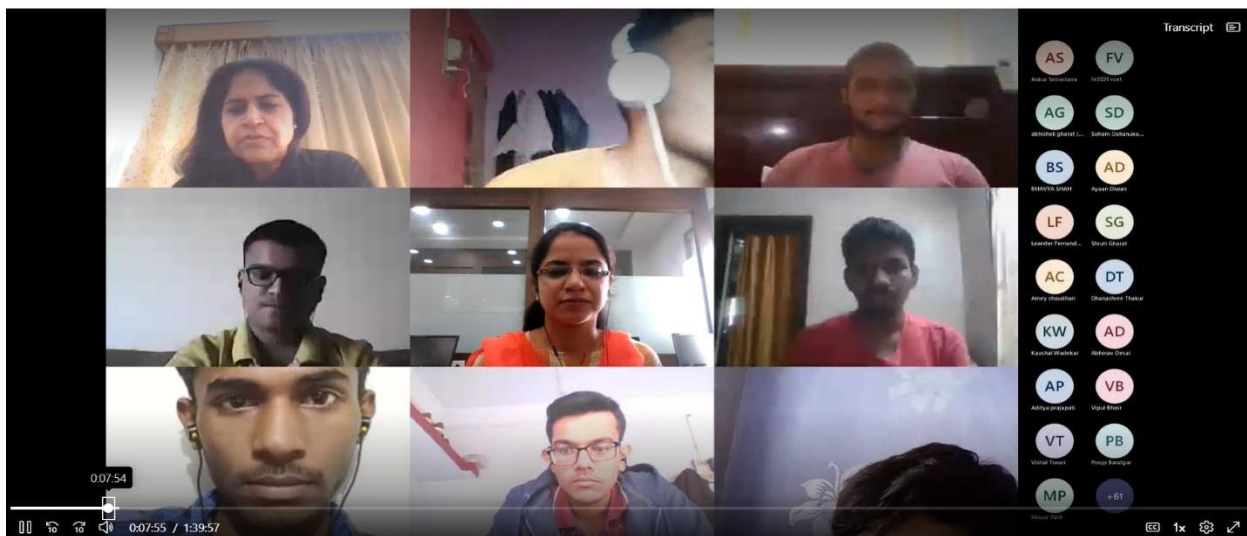
## Department of First Year Engineering

First year Engineering students were given an opportunity to meet industry expert and interact with them. From Industry we had

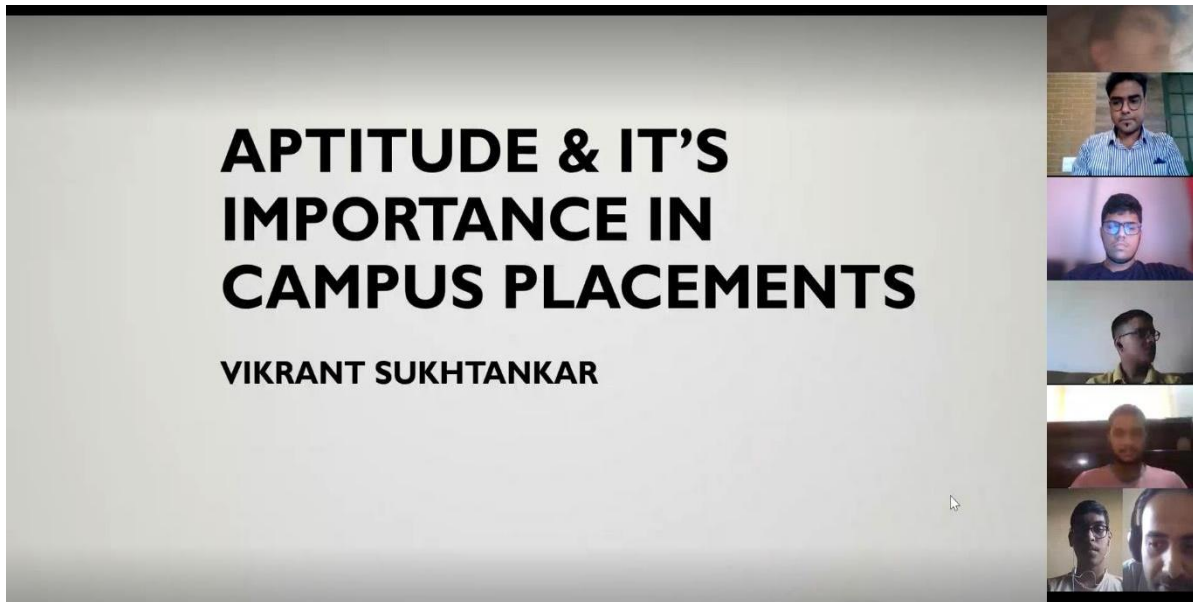
- Ms. Bindiya Kaura who is a Skill enhancer / Freelancer into a team of professionals – Consultant, mentor, coach, faculty, Motivational Speaker, Corporate trainer, Social Activist. She touched upon various topic of conduct of employee industry and how to manage the balance between the work life and personal life.

Students enjoyed the interactive session with her in full enthusiasm.

- Mr. Ankur Shrivastava who is a regional manager at Aspiring minds. Sir highlighted upon the employability skills and aptitude skills for the students that are needed industry. He also gave students a view of up-to date skills needed by the industry for its employees.
- Mr. Vikrant Sukhtankar, who is PT Education as a Senior Faculty and has worked with TIME as a Course Director and with Career Launcher as a Centre Director. He guided on aptitude and giving them exposure about the needs of industry. Below are the glimpse of the sessions conducted









### Day -3 INTRODUCTION TO SPORTS FACILITIES

Vidyavardhini's college of Engineering and Technology's FE Induction Program included a session on the INTRODUCTION TO SPORTS FACILITIES

Which was held on 15<sup>th</sup> December 2021 at 11:00 am. The program was conducted virtually due to the Covid-19 pandemic and sports committee started the session.

Sports committee member Ms. Kajal Mahajan started off the session talking about AVAHAN and different inter/intra college sports competition held in the same like athletics,shortput,overarm cricket,box-cricket, football, volleyball, basketball and tug of war and so on...and motivated the FE students to take part in sports with enthusiasm.

Then Mr. Nitish sports' committee member took over the session by playing video of AVAHAN 2020 and showed us video of AVAHAN 2021 which was held virtually because of covid-19 and included virtual marathon,and cyclothon.

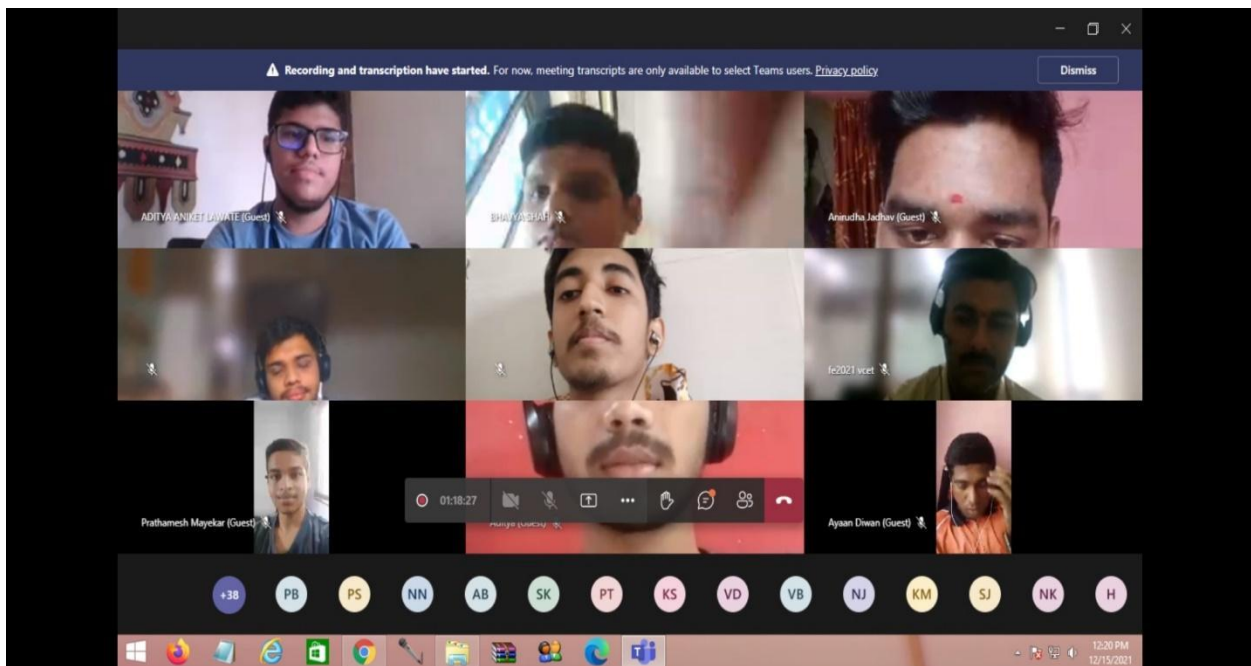
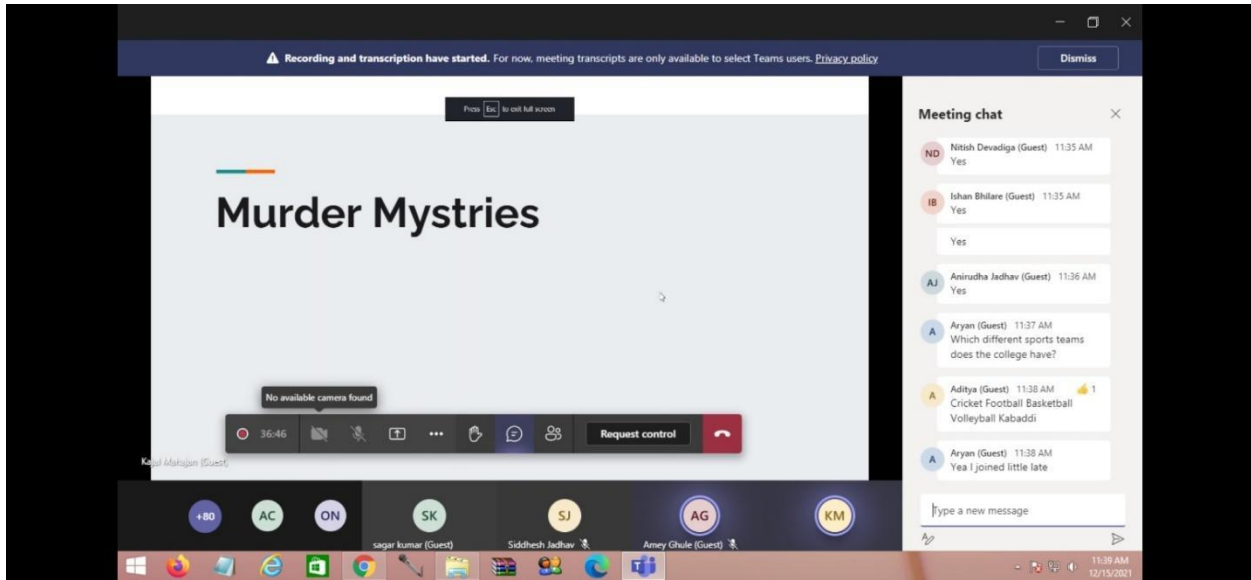
After then they made students to play fun games which included quizzes and murder mystery and it was seen that FE students enjoyed the session.

They concluded the session by giving brief idea about how to join the sports committee and To whom contact for any query.





Vidyavardhini's College of Engineering & Technology  
Department of First Year Engineering





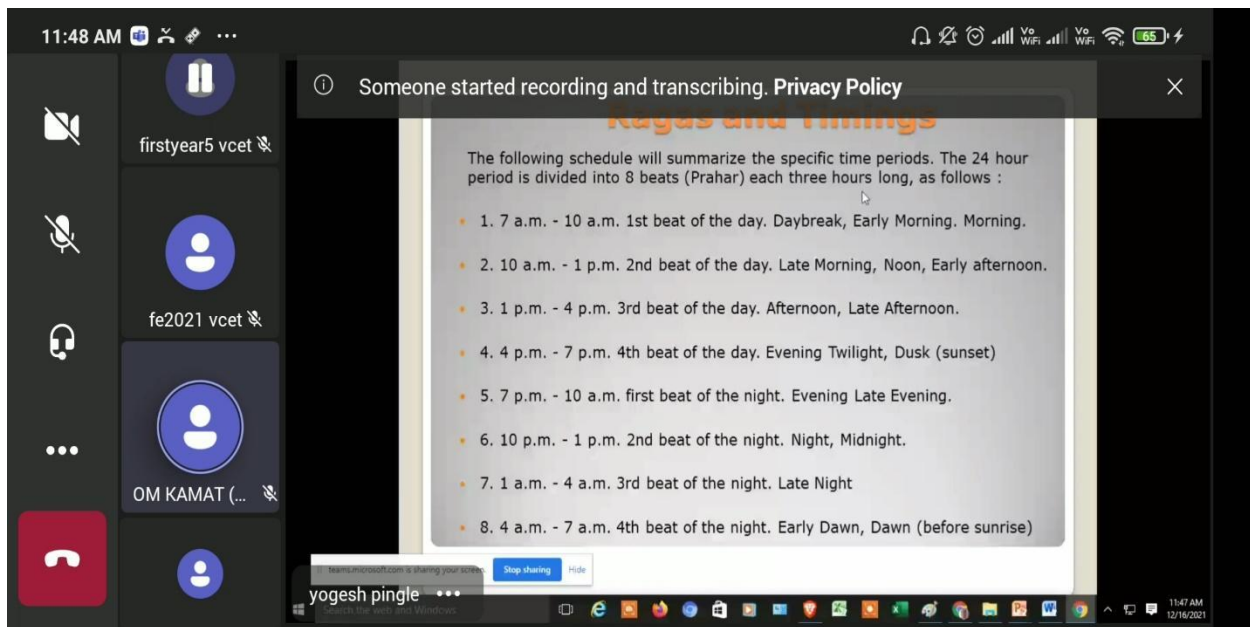
### Day – 4 MUSIC THERAPY WITH INTERNET OF THINGS -Session I

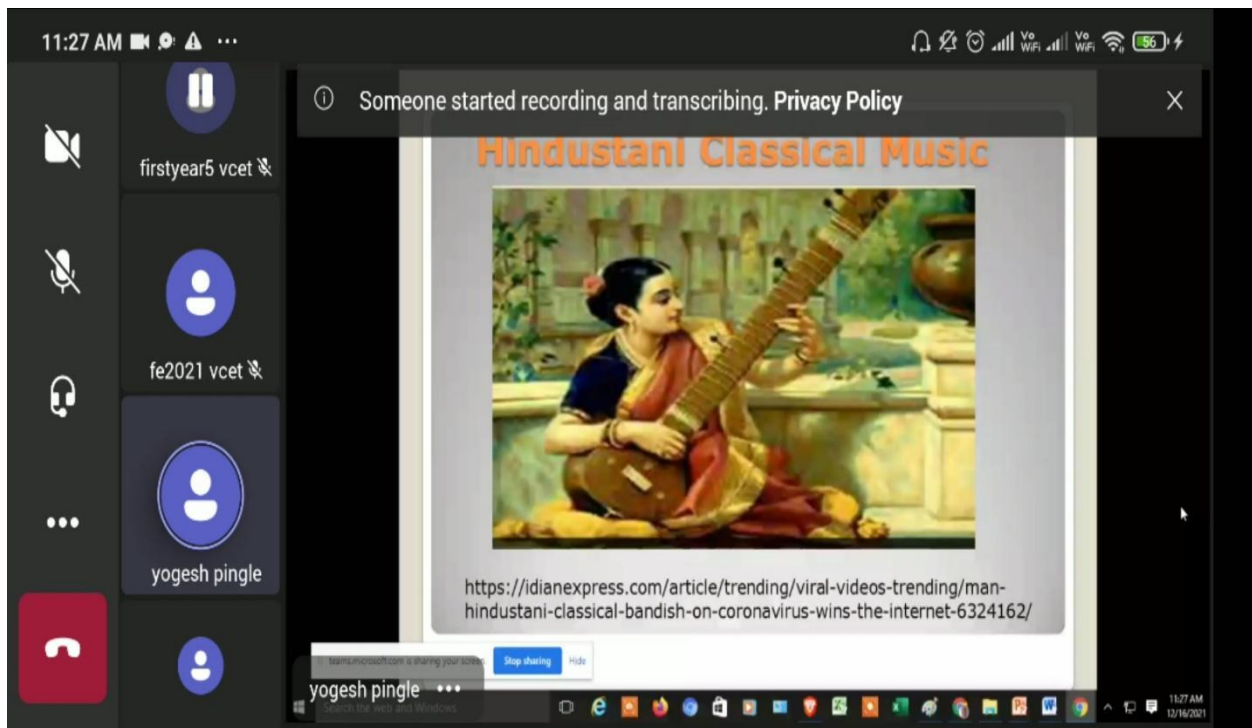
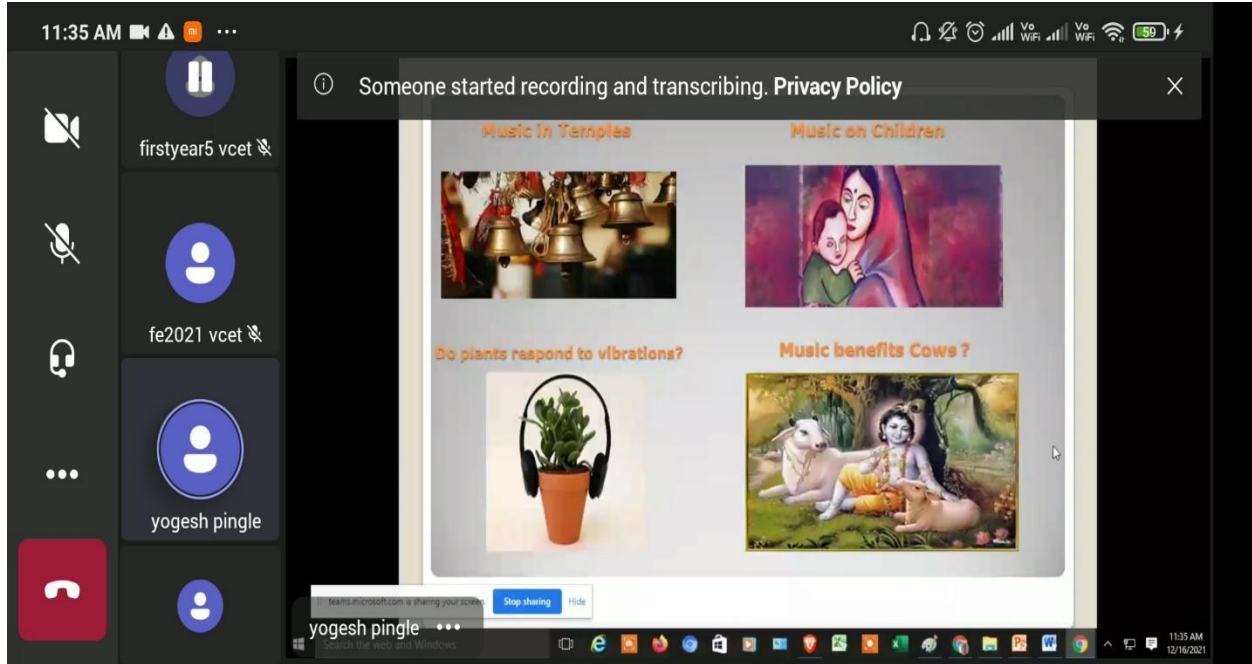
Vidyavardhini's college of Engineering and Technology's FE Orientation Program included a session on the MUSIC THERAPY WITH INTERNET OF THINGS which was held on 16<sup>th</sup> December 2021 at 11:00 am. The program was conducted virtually due to the Covid-19 pandemic. Ms. Ankita jadhav ma'am started the session by introducing Mr. Yogesh Pingle sir and his great achievements.

Mr. Pingle sir started his session talking about different kinds of therapy to reduce the stress and how important it is to live a stree-free life then he came to the topic.

He talked about Ragas and timings and how they effect to treat diseases, gave mathematical modelling of Suras, told us the difference between Swaras and Nads, and told the students how internet is keeping an eye on us,how the data is getting sold and bought,data science and data analytics and the courses offered by the college.

After then he motivated the students to give their service to society, and how courses taught in the college helps them to get their dream job in dream companies and then the session was concluded by Ms. Ankita by giving vote of thanks







### DAY -4 FE Orientation Programme -Session II

For Day 4, NSS committee of college had introduced the students of First Year with the various activities that are undertaken for the betterment of society and students. Dr. Pradip Gulbhile introduced students with ethos of NSS committee and held an interactive session with students of FE. Students were able to see the various activities such as Fit India , Cycling, Beach cleaning and Blood Donation Camp.

Following are the glimpse of the session





**FIT INDIA MOVEMENT**

FIT INDIA MOVEMENT was launched on 29th August, 2019 by Honourable Prime Minister with a view to make fitness an integral part of our daily lives. The mission of this movement is to bring about behavioural changes and move towards more physically active lifestyle.

1:19:32

1:19:33 / 1:50:48

Transcript

Participants: SG, DG, FV, RN, SH, AL, OS, KB, TG, HS, AB

**BEACH CLEANING**

N.S.S. CAMP  
NATIONAL SERVICE SCHEME

1:10:47

1:10:47 / 1:50:48

Transcript

Participants: RN, DG, SH, AL, FV, SG, OS, KB, TG, HS, SG



### **Day 5 \_ VCET STUDENTS' COUNCIL.**

Vidyavardhini college of engineering and technology's FE Orientation program included a session on the students' council of VCET which was held on 17<sup>th</sup> December, 2021 at 11:00 am virtually due to COVID-19.

The session was started by students' council members of VCET. Ms. Siddhi Kolwankar started the topic and introduced each member of students' council to FE students.

Thereafter Ms. Sakshi Mhatre in-charge of students' council took over and told the roles of each council members and after then Ms. Dhanshree took over the session and gave details about different cultural events held such as fresher's party, teacher's day celebration in the college campus and showed us photos and videos of those Events and introduced ZEAL and showed us joyful videos of the same.

Thereafter Mr. Samanth Mane took over the session and talked more about ZEAL 2021 and then Ms. Siddhi Kolwankar ended the session by giving vote of thanks.

### **DAY 6- E-Cell activities**

Vidyavardhini's college of Engineering and Technology's FE Induction Program included a session on the Entrepreneurship cell (E-Cell) which was held on 20<sup>th</sup> December 2021. The program was conducted virtually due to the Covid-19 pandemic.

The session started off with the anchor, Ms Siddhi Kolwankar, giving a brief introduction about E-Cell. Then she invited Prof. Chandan Kolwankar, E-Cell incharge, to talk about E-Cell activities. Prof. Chandan started his speech talking about Elon Musk, then moved on to a lady in Pune who sells boiled potatoes for vada-pav stalls and finally went on to talk about a student from VCET who found his own company while pursuing his degree and went on to recruit two students from VCET itself.

Ms Siddhi then invited Mr. Hrithik Gavankar, the head of E-Cell VCET, and his team to take over. The team talked about the various activities organized by the E-Cell. Later, there was a fun quiz arranged for all the students to liven up the virtual atmosphere and the winners were announced. The video of E-Cell was played so that students could get a glimpse of all the activities.





# Vidyavardhini's College of Engineering & Technology

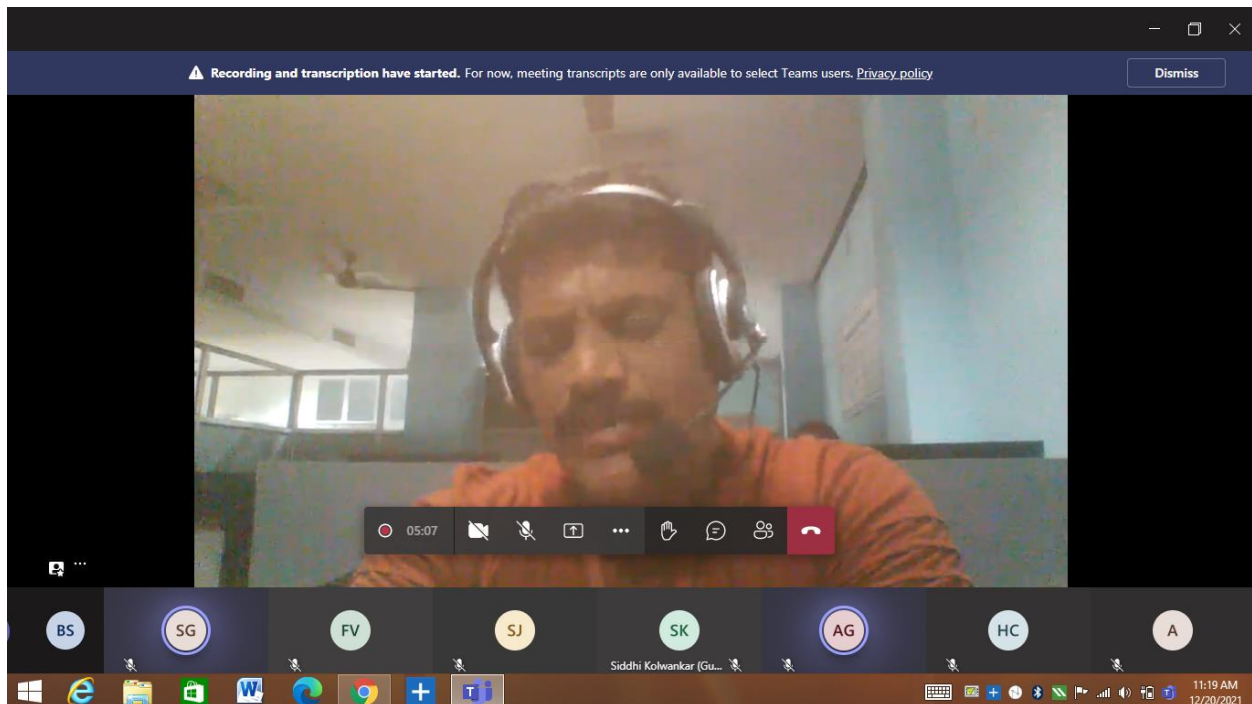
## Department of First Year Engineering

Thereafter, Ms Shruti Kuvekar and Ms Kritika Khandelwal of E-Cell presented a Power point presentation discussing the difference between a businessman and an entrepreneur, stated the objectives of E-Cell, grand events of E-Cell etc.

Later, there was a game about start-ups arranged for all the students which was hosted by Ms Manaswi Jadhav and the winners were announced. Mr. Hrithik Gavankar talked about his very own start-up 'Savvy Protein' by playing a video and there was a power point presentation about 'Food Zest', a start-up by Ms Nidhi Mehta.

There was a 'roasting' game organized based on a given premise and the students had a blast. Three winners were announced.

The session ended with Ms Siddhi giving the vote of thanks and requested all the students to fill the feedback form.





# Vidyavardhini's College of Engineering & Technology

## Department of First Year Engineering

Recording and transcription have started. For now, meeting transcripts are only available to select Teams users. [Privacy policy](#) Dismiss

Meeting chat

- KS KARAN SANKHE (Guest) 12:58 PM @sankhekaran
- H hemant\_jena (Guest) 12:58 PM @hemantjena
- SS Shreyash Seth (Guest) 12:58 PM <https://forms.gle/1H5v7atyYajg9YZr5>  
Feedback form
- AL Aditya Lawate (Guest) 12:58 PM Thank you so much It was a great session
- H hemant\_jena (Guest) 12:58 PM @hemantjena2 \*
- SA Shagun Ambavale (Guest) 12:58 PM ambavaleshagun\_09

Type a new message

Recording and transcription have started. For now, meeting transcripts are only available to select Teams users. [Privacy policy](#) Dismiss

Manaswini Jadhav (Guest)

Ronak (Guest)

Shruti Kuvekar (Guest)

+84 FV A SJ SG AG CK ND HG A AU VT K KK SK

Recording and transcription have started. For now, meeting transcripts are only available to select Teams users. [Privacy policy](#) Dismiss

Meeting chat

- PM Prathamesh Mayekar (Guest) 12:12 PM Lakme
- AD Ayaan Diwan (Guest) 12:12 PM Nykaa
- KR Kaushik Singh Rawat (Guest) 12:13 PM @kaushiksinghrawat
- KS KARAN SANKHE (Guest) 12:14 PM @sankhekaran
- S sairaj\_varavdekar (Guest) 12:14 PM did kaushik's answer: "RIKNIYA KE PAPA" just won?
- R Ronak (Guest) 12:14 PM Yes
- K Kabir (Guest) 12:15 PM yes

Type a new message

Hrithik Gavankar (Guest)

Ronak (Guest)

Shruti Kuvekar (Guest)

+83 ND A AU VT KK AJ SS K MJ SK



# Vidyavardhini's College of Engineering & Technology

## Department of First Year Engineering

---

### **Day – 7 SAE INDIA**

Vidyavardhini's college of Engineering and Technology's FE induction Program included a session on the SAEINDIA (Society of automotive engineers)

Which was held on 21<sup>st</sup> December 2021 at 11:00 am. The program was conducted virtually due to the Covid-19 pandemic and the SAE club of Vidyavardhini started the session.

Mr. Shreyas pai started the session by giving brief introduction of SAE INDIA and introduced different teams Team Ethan racing, Solethon , Centurion, Airnova to the FE students. He invited students to join the team. After then he talked about the number of vehicles manufactured, competitions they had participated and the golden ranks they scored or won the competitions. Then he introduced FSAE i.e. Formula society of automotive engineers and gave importance of the competition to the FE students and then he showed different images of cars manufactured by them, and videos of cars running on the racing track and also played a video of formula students of Germany and then he concluded his part.

Thereafter Mr. Shalom Lopes took over the session and introduced Formula Bharat to students and gave brief knowledge about the components of Formula Bharat and then talked about achievements and continuous improvements in manufacturing cars and after then he played a video of college' students' performance in Formula Bharat racing held in 2019 and showed us their 1<sup>st</sup> electric vehicle design and how they improved that into a competition winning design and then concluded his part by motivating students to join the team.

Thereafter team Solethon' member took over the session by showing their solar driverless car, solar power electric vehicle and talked about Asia's biggest solar car event ESVC i.e. Electric Solar Vehicle Championship and other one of the biggest competitions for electric car lovers i.e. NSVC (National Solar Vehicle Championship) and talked about their participation and excellence performance in those above competitions and benefits of participating such big competitions. After then he showed us photos of their cars and took us on their winning ride and then Mr. Rithwik and



# Vidyavardhini's College of Engineering & Technology

## Department of First Year Engineering

---

Mr. Sanket suhagiya showed us an animated video of their journey from designing to achievements.

After then Mr. Shelke sir invited team Centurion's captain Mr. Mrudul Dalvi to take over the session. He then gave the brief idea about his team and quad bikes they prepared, different events they participated in, told us about their achievements in different competitions. He then gave us idea about what they do and showed us pictures of the same, showed us images of Spartan 2.0 , Spartan 3.0.





Thereafter Mr. Aditya patne was invited to introduce the team Airnova. Then he gave the vision and mission of team in Aeronautics and Aerospace engineering and gave their objectives, he talked about his when his team was formed and the events, they participated that too at Aisa level. After then he showed the images of Vayuvaidya and Dhairya designed by his team virtually because of pandemic and then Mr. Amey ghule showed the video of same.

Thereafter Mr. Sanjay sir took over the session talking about real-time learning and how to be industry ready. Then Ms. Praiza Falacao invited librarian Mr. Dinesh Jadhav to talk about library facilities provided by the college to the students and then he concluded the session.



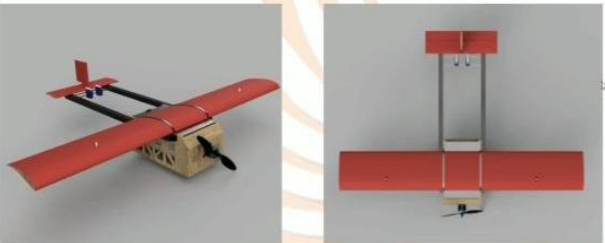
### Team Structure

The team has several posts, our current Captain, Vice-Captain and Head of Propulsion happen to be the Founding members as well.

 Prof. Apurva Pendbhaje: Faculty In-Charge	 Ayush Panchal: Team Captain	 Aditya Patane: Vice-Captain & Head of Aerodynamics	 Tathansh Joshi: General Manager
---	---	--	---

### UAVs designed by Team Airnova

#### SAE VIT Aerodominator 7.0



Airnova made its debut in national aeromodelling events with the UAV named "Vaayuvaidya" and was successfully designed in the span of 12 days.

Team Airnova's design - Vaayuvaidya

Aditya Patane (Guest)



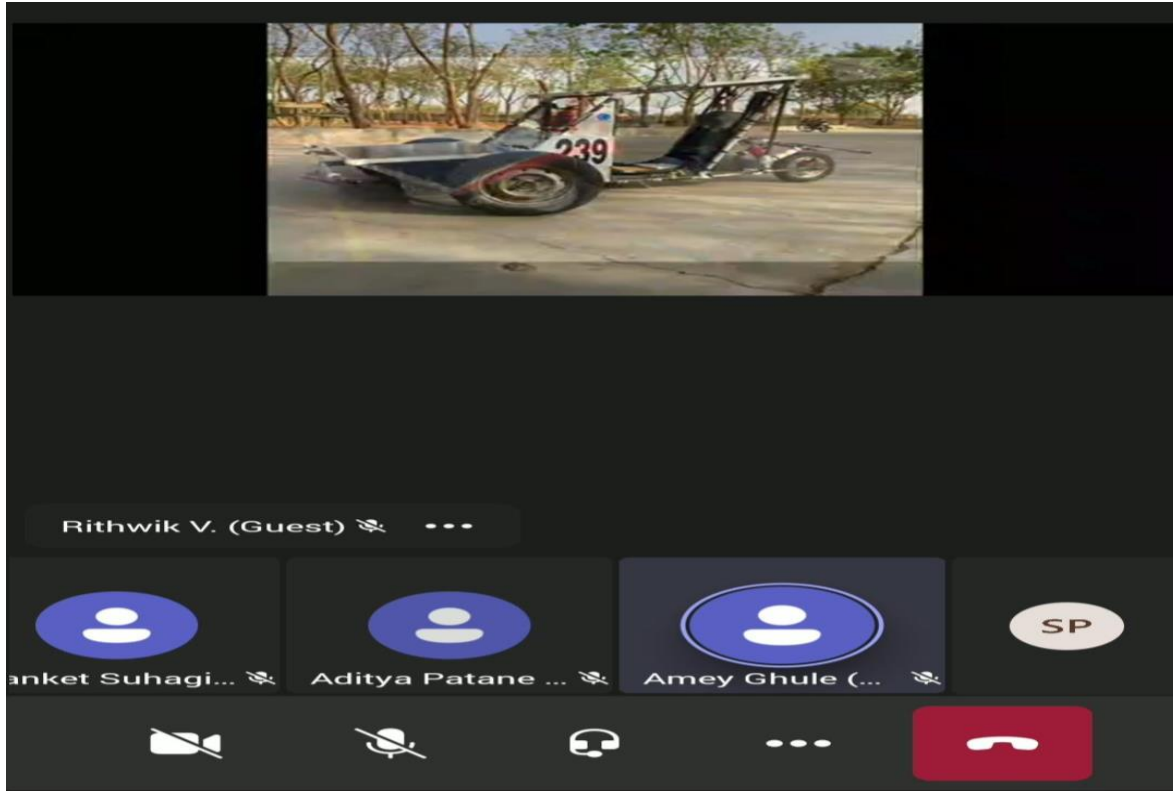
## Team Airnova's Timeline

Foundation	Establishment	Vaayuvaidya	Dhairya	Present
<b>Sept 2019</b> Passion for Aeronautics was the reason behind founding such a team.	<b>Feb 2020</b> After discussions and planning, the decision of team's future was made.	<b>Oct 2020</b> Team's debut in national aeromodelling event.	<b>April 2021</b> Team's debut in international UAV modelling event.	<b>Nov 21 - Present</b> First Research Project of the Team.

Aditya Patane (Guest) ...

Anket Suhagi... Amey Ghule (... Aditya Patane (G... SP

Microphone, Video, Headset, More, End Call



**“INTERNATIONAL OPPORTURNITIY AFTER GRADUATION IN ABROAD”**



# Vidyavardhini's College of Engineering & Technology

## Department of First Year Engineering

---

Vidyavardhini's College of Engineering and technology (VCET) organized a seminar on **“International Opportunity After Graduation”** on April 29, 2022, in Ground floor seminar hall. The programme started at 4 pm with the welcome address by respective college teachers. Honourable dignitary on the bias was **Mr. Sayed Osama** (Business Development Consultant for Higher Studies and Education Abroad).

Mr. Sayed Osama started the seminar with warm greeting followed by the introduction. He highlighted on the fact that the first year of engineering is the best time to set a goal. Further he started presenting the screen. The main highlight during the start of presentation was “Education and Employment Opportunities Abroad”. He talked about the global need of engineers at present in different countries of world with the learning costs and scholarships that can be achieved.

Further respected speaker emphasized on **“Top Reasons Students Choose to Study Abroad”** and some of the reasons where Education at globally renowned universities, massive impact on total earning capacity, opportunities to apply for permanent residency, etc. Later, the speaker discussed **“Opportunities for students”**- Be ahead of the herd by reconciling with international trends, waivers and scholarships, financial planning and loan assistance, etc.

The speaker then moved to **“Variation in different countries”**- Program duration, system of examinations and credits, government funding, etc. followed by **“Decision making”**- University and program of interest, global recognition, status and development of the industry, cost implications, etc. The last part of the presentation was **“Engineering and Technology”** – Engineering Aerospace, aviation, architecture, biomedical, civil, electrical, industrial, mechanical many more.

Mr. Sayed Osama then discussed about their tie-ups with colleges like Thakur College Of Engineering And Technology (TCET) and interacted with students who were interested to pursue higher education in abroad. He concluded the speech by giving a vote of thanks to the students and the programme wrapped at sharp 5. The college teachers gave a vote of thanks to Mr. Sayed Osama for giving his precious time for the seminar.





Vidyavardhini's College of Engineering & Technology  
Department of First Year Engineering





## Physical Activity-Fitness Session

FE Induction Programme Guest Lecturer: Mr.Akshay Vernekar[Certified Trainer in Karate,Kick Boxing and Women's Self-Defence] Date : 28 April 2022 Time : 4:00 pm to 5:00 pm Venue : Ground Floor Seminar Hall. About the Guest He has achieved 1st degree black belt in kickboxing and is a state referee in kickboxing. He was a state champion during the year 2017-2018 in kickboxing receiving gold in point fight & gold in light contact in ASKAM STATE KICKBOXING TOURNAMENT. He was again a state champion during the year 2015-2016 in kickboxing receiving gold in point fight in WAKO MAHARASHATRA KICKBOXING TOURNAMENT. During the year 2014-2015, he was a national & state champion in kickboxing collecting gold in point fight, bronze in light contact in WAKO India national tournament. While gold in point fight & gold in light contact in WAKO Maharashtra state championship. About the Program As per the New FE syllabus 2019-20, the phase of Induction Program continued throughout the semester with specific lectures and activities along with their regular academic schedule. To facilitate the development of a holistic perspective among students towards life and profession as well as towards happiness and prosperity based on a correct understanding of the Human reality and the rest of Existence and also to highlight possible implications of such a holistic understanding in terms of ethical human conduct, trust and mutually fulfilling human behaviour and mutually enriching interaction with nature an encouraging and qualitative sessions on Universal Human Values (UHV) are arranged throughout the semester to provide a much needed orientation input in value education to the young enquiring minds. Summary Mr.Akshay Vernekar started the seminar by introducing himself and a short background of his journey and achievements. He told the students about importance of maintaining physical fitness by exercising and eating a healthy diet at their age. As the main excuse of not doing workout is not getting enough time, he demonstrated a full body workout which can be done by the students at their homes without any equipment and it only took 30 minutes. It included exercises like push-ups, squats, mountain climbers, and burpees which maintain the focus on core abdomen, thighs and arms, chest leading to full body exercise. After that he went on to show different types of punches like cross punch, uppercut punch and kicks like high kick, low kick and Taekwondo which strongly gathered the attention of students and inspired them to learn professional kickboxing. Many



## Vidyavardhini's College of Engineering & Technology

### Department of First Year Engineering

students also joined him while demonstrating the exercises and martial arts. Further he brought up the necessary self-defence techniques. He told that not only girls, but boys should also know about self-defence. Example how to defend when someone is attacking from behind, the weak points of human body which one can strike to cause huge damage and escape. He interacted with students in such a way that a light atmosphere was created, and Students were encouraged to do physical fitness exercise and learn about self-defence. After a short query session, he concluded the seminar by giving a vote of thanks to the students and the programme was ended at sharp 5:00pm. Photo Gallery Conclusion the Session was highly interactive and faculty members and students participated in drills related to physical fitness and self-defence. We are very thankful to AICTE committee, College Management and faculty members for arranging this insightful sess





Vidyavardhini's College of Engineering & Technology  
Department of First Year Engineering

---





### Self-assessment and goal setting-

A seminar was organised in our college on the 1st of April 2022. Honourable Mrs. Poonam Surange consulting psychologist were the speaker for the day. Self-assessment, an integral part of self-regulated learning was very-well defined by her. Goal setting - most important aspect of life was broadly brought into our acknowledgement during the seminar.

Moving forward, it started with an introductory part. Mrs. Poonam Surange has been associated with VCET from last 15 years. She has been excellently counselling and redirecting young minds of our college. So, she started with the concept of 'I'. By the term 'I' she referred to self-importance. Our 'I' is generally influenced by our close ones, specifically mother. And our mothers 'I' is influenced by someone else, and it goes on. Basically, our 'I' should not be influenced by anyone. It must be defined by ourselves only. But as we have grown up, we forget our 'I'. And hence, she concluded that one should revolve around his/her 'I' only. She also signified that no two individuals can be compared despite of their similarities. Everyone has a quality which can be different from another. And hence, there can't be any comparison between two individuals. She also talked about 'We are a sad generation with happy faces.' Last but not the least, she told us to focus on our 'I', peruse our goals, stop comparing ourselves to others and be happy from within.

It was an interactive session, and everyone participated actively. The session made me think about me, my goals and my 'I'.



**Behavioural Psychology for Better You: Rashmi Marathe Lokapure.**



**Webinar Conducted on 22/04/2022.**

Webinar started on time with introduction of the guest speaker and topic. Guest speaker started with asking common reasons of stress and many responses were received from the students, out of which some were high expectations, financial problems, parental issues, society anxiety, failures, trauma, peer expectations, overthinking. After that guest speaker told some statistical data of 2013 on cause of death due to suicide. She further explained main reason for death was heart attack due to stress, or family causes. Further she said that even in pandemic also root cause of death is heart attack and the reason is same. Then to elaborate her point she gave example of half-filled glass with water. She said that if the glass was hold for 20 min our hand cannot bear its pain and if the same glass is to be hold for 12 hrs the hand will be amputated. Same thing happens with human brain full of stress. If we don't keep stress aside then stress result in heart attack or some kind of severe illness and anxiety. So, like the glass the stress should be kept aside.

Further she gave example of daughter-in-law and her mother-in-law. She said the daughter in law replied to mother-in-law rudely as mother-in-law doesn't accept her and finds reason to show her faults. This was due to expectations from both sides. Root behind any behaviour is emotions, negative emotions give negative thoughts and negative thoughts come in mind and behaviour gets changed as thoughts create emotions. To change behaviour, one should change their thoughts or thinking towards someone with whom one cannot adjust.

To explain the behaviour process she explained it with CBT Therapy i.e., Cognitive Behaviour Therapy.

Some tips she gave for behaviour.

To overcome overthinking and stressful behaviour one should be mindful. Being mindful means living the present moment. This technique is ancient as Lord Gautam Buddha has introduced and preached it long before. We cannot control our past and future only thing is in control that is our present.



## Vidyavardhini's College of Engineering & Technology

### Department of First Year Engineering

---

She gave example of student's survey in Pune about when students were most happy. The reason for student's happiness was playing musical instrument and being mindful while playing the instrument.

Further she said mindfulness increases productivity.

Again, to elaborate her view she told the students to close eyes and just not to think anything or bring any thoughts to their minds and relax. Doing this activity was like meditation and being mindful. As people don't get time, they can practice this at least 10min every day. Keeping blank mind, living in the present is mindfulness. Focus on breath and automatically the person is in his present moment.

Second tip she gave was Why worried?

She questioned the students whether worries were controllable or uncontrollable. Anything which is not in our control we should not worry about it.

She asked students whether results were in students' hands. The answers were no. She further explained if results are not in hands of the students, then why worry about it and waste time instead of that the students should focus on only preparation of the exams which they can do, and it is controllable by them.

There are many things in life that we cannot control for e.g., boss pressure, parents, husband wife behaviour. We cannot control others behaviour only smile and don't worry, take lightly, and focus on what you can do or on changing your behaviour.

Next, she should slide of illusion paintings.

With the help of painting, she explained about the different perspectives. As in illusion painting things look as we see from our side.

Same thing she told about problems in life. Problems in life are due to different perspectives.



So one should try to accept things as **ACCEPTANCE IS POWER**. Acceptance is power was the magic word she gave to all who worried and were stressful. One should try to accept uncontrollable things then only things work smoothly.

Third tip she gave was Self Talk:

She gave e.g., of elephant's leg chained and not able to free himself as in childhood it cannot free itself due to chains and his mind set the huge grown elephant doesn't try to free himself as he thinks that he tried so much in childhood to free himself then he was not able to free now how I will be able to free myself from the chains.

Next e.g., she gave of herself about her obesity and how she changed her mind set and gave time for health and fitness. She talked to herself about it and her fears like driving and changed her fears into her strength.

Negative self- talk brings one down so always think positive.

During pandemic people had positive and negative thoughts and according to the thought's behaviours were different. Those with positive thoughts made use of the pandemic and with negative thoughts people were down and suffering with various problems.

While concluding she asked students if any questions were there one student asked how to overcome stage fear.

She replied: To overcome stage fear one has to prepare well and smile with the audience.

Formula She gave was:

SEE= SMILE, EYE CONTACT, ENERGY.

Prof Mayur Gohil with vote of thanks concluded the webinar.





# Vidyavardhini's College of Engineering & Technology

## Department of First Year Engineering

The screenshot shows a Microsoft Teams meeting in progress. The main video feed displays a woman with glasses, identified as Rashmi Marathe-Lokapure. The meeting duration is 45:30. The bottom toolbar includes icons for mute, video, chat, and other controls. A meeting chat panel on the right shows a list of chat messages, including notifications of users joining and leaving the chat. The chat messages include: kamini more (Guest) has temporarily joined the chat, Kamini More (Guest) no longer has access to the chat, yash (Guest) no longer has access to the chat, Prachi (Guest) has temporarily joined the chat, Vinay Gawai (Guest) has temporarily joined the chat, SAKSHI MORE (Guest) has temporarily joined the chat, yash (Guest) has temporarily joined the chat, prathamesh pawar (Guest) no longer has access to the chat, and Ameya Modak (Guest) no longer has access to the chat. The bottom of the screen shows the Windows taskbar with the search bar and various application icons.

The screenshot shows a Microsoft Teams meeting in progress. The main video feed displays a presentation slide with the text "1. Be Mindful (Be Present, Be Aware)" and an image of a Buddha statue. The meeting duration is 43:45. The bottom toolbar includes icons for mute, video, chat, and other controls. A people list panel on the right shows a list of participants in the meeting, including: KP Kedar D. Pethkar (Guest), KR Khan Rehman (Guest), KS Kshitij Vilas Sonawane (Guest), KP Kunal pitale (Guest), LK Likhit Kumar (Guest) On hold, M Manas (Guest), MF MANAS TAMBE FE-IT (Guest), and M Manaswi (Guest). The bottom of the screen shows the Windows taskbar with the search bar and various application icons.



## Career Designer - Date: 26 April 2022

First year Engineering students were given an opportunity to meet industry expert and interact with them. From Industry we had

Mr. Harshad Bhagwat, Career Designer, Scientist-Turned Entrepreneur, CEO and Founder of Words of Maya. He guided students with fundamental skills and vision to make up the career out of engineering. He interacted with students at ground level virtually. Here is the glimpse of the session.

The screenshot displays a virtual meeting interface. On the left, a mind map titled "Design Your Career" is shown with several branches:

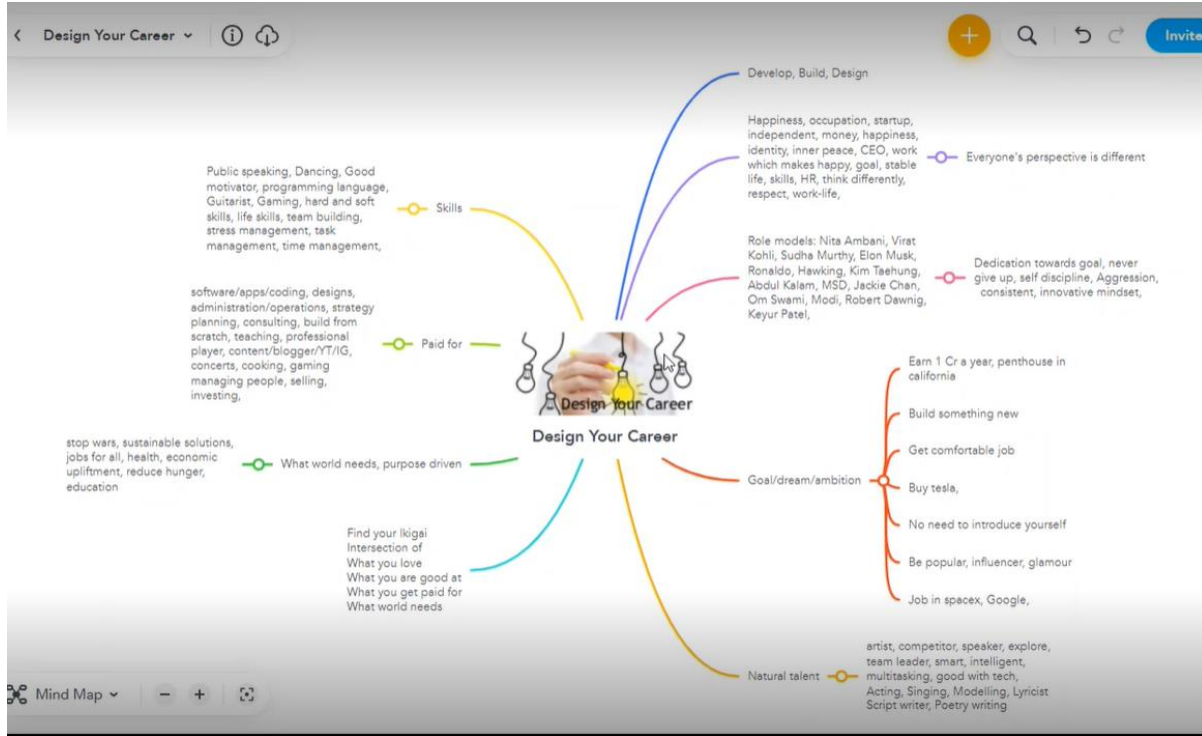
- Skills:** Public speaking, Dancing, Good motivator, programming language, Guitarist, Gaming, hard and soft skills, life skills, team building, stress management, task management, time management.
- Paid for:** software/apps/coding, designs, administration/operations, strategy planning, consulting, build from scratch, teaching, professional players, content/blogger/YT/IG, concerts, cooking, gaming, managing people, selling, investing.
- What world needs, purpose driven:** sp wars, sustainable solutions, as for all, health, economic illfitment, reduce hunger, lucation.
- Find your Ikigai:** Intersection of What you love, What you are good at, What you get paid for, What world needs.
- Develop, Build, Design:** Happiness, occupation, startup, independent, money, happiness, identity, inner peace, CEO, work which makes happy, goal, stable life, skills, HR, think differently, respect, work-life. Note: Everyone's perspective is different.
- Role models:** Nita Ambani, Virat Kohli, Sudha Murthy, Elon Musk, Ronaldo, Hawking, Kim Taehung, Abdul Kalam, MSD, Jackie Chan, Om Swami, Modi, Robert Dawning, Keyur Patel. Note: Dedication towards goal, never give up, self discipline, Aggression, consistent, innovative mindset.
- Goal/dream/ambition:** Earn 1 Cr a year, penthouse in california, Build something new, Get comfortable job, Buy tesla, No need to introduce yourself, Be popular, influencer, glamour, Job in spacex, Google.
- Natural talent:** artist, competitor, speaker, explore, team leader, smart, intelligent, multitasking, good with tech, Acting, Singing, Modelling, Lyricist, Script writer, Daboo mittal.

On the right, a video feed shows Mr. Harshad Bhagwat speaking. Below the video is a list of participants with their initials and names: AD (Afzal Amraddin...), V (Vaibhav), DP (deep kumar patil), FV (fe2021evst), DN (DEWANG DOLBA...), PG (Pratik Gokhawar), PG (Pooja Gupta), AP (Arun prajapati), SA (Shajun Ambarate), SS (Shriakumar Son...), and FV (fe2021evst). A "+173" button indicates more participants.



# Vidyavardhini's College of Engineering & Technology

## Department of First Year Engineering





## **Sports Activity**

The FE orientation program is conducted with an objective to give all the students a basic idea about the Sports committee, its working, along with an introduction of all the members of the committee as well as a brief information about the college sports teams and working of the same. The students are also introduced to AVAHAN, the grand annual sports event organized by the VCET Sports Committee which is held on inter and intra levels for nearly 15 days, where students from all the departments take part in all the sport events with great enthusiasm.

This year the FE orientation started from 31st May 2022. All the students from various branches were delighted to attend this event. This event was held offline in the college Gymkhana. It was conducted under the guidance of Sports In-charge, Prof. Neha Gharat, and FE faculty, Prof. Chandrakishori Sonarkar. The committee members main focus was to make the students aware about the working of the Sports Committee.

The event started with an introduction section where all the committee members introduced themselves to the newly joined batches followed by the introduction of all the FE students. The main motive behind this was to build an informal communication bridge between the FE students and the seniors. After this, all the students were made aware about the events held and conducted by the Sports Committee which are - The FE induction program, The FE orientation program and the biggest and most awaited event of the year - AVAHAN. All the freshers were given a glimpse of the previously held event - AVAHAN by the committee members. It included the grand inauguration ceremony followed by all the sports played during the entire event which included Athletics, Overarm Cricket, Box Cricket, Rink Football, Volleyball, Tug of war along with the Indoor Events like chess, carrom and table tennis. They were also told about the generous sponsors who contributed to make this event a great success. Then the students were introduced to the gymkhana - a place where all the sport accessories owned by the VCET Sports Committee are kept. It is also the same place where all the indoor events were held during AVAHAN and the committee meetings take place. The FE students were then told about the various sport teams which represent the college and play at an inter institutional level.



Lastly the students were given time to play a variety of sports with their classmates in the gymkhana. The Orientation was then moved to a QnA session where all the FEs were allowed to ask any question related to either sports or academics. The Committee members tried their best to answer the maximum questions. After answering the questions, the event finally came to an end.

This event was successfully carried out by the SE and TE group members of the Sport Committee.







Vidyavardhini's College of Engineering & Technology  
Department of First Year Engineering

---

## ACKNOWLEDGEMENT

I wish to express our deep sense of gratitude to ...

- Hon. Mr. Vikas Vartak (President of VCET)
- Hon. Mr. Arun Vartak, (Chairman of VCET)
- Hon. Secretary and Joint Secretary of VCET
- Dr. Harish Vankudre (Principal, VCET)
- Registrar Mr. Vishal Save
- Dr Vikas Gupta, Dean of VCET
- All the Head of different Departments of VCET
- All the committee members of Induction Program
- All the Teaching and Non-Teaching Staff
- FE Coordinator Dr Sunayana Jadhav
- Team of Students

Ms. Chandrakishori Sonarkar

SIP In charge