

REPORT ON INDUCTION PROGRAMME



From 31/08/2024 to 06/09/2024

**Department of Humanities and Sciences
MALLA REDDY COLLEGE OF ENGINEERING**

INDUCTION PROGRAMME

DAY 01, SESSION 01, (31/08/24) - FN

Meditation Session by NLV Prasad Rao, and Aruna Sister, Heartfulness trainers, Sri Ramachandra Mission, Hyderabad

On the first day of the induction program, a meditation session titled "**Heartfulness Session**" was conducted by NLV Prasad Rao garu along with Aruna Sister from the Sri Ramachandra Mission, Hyderabad. The objective of this session was to introduce the students to the practice of meditation and elucidate its various benefits including stress reduction, enhanced concentration, and an overall improvement in well-being. Aruna Sister initiated the session by outlining the numerous advantages associated with meditation, thereby setting a comprehensive foundation for the practice. Mr. Prasad Rao then led the students through a meditation practice.



The students were initially hesitant, but they gradually warmed up to the practice. By the end of the session, they were feeling relaxed and refreshed. Many of the students commented on how much they enjoyed the session and how beneficial they found it. They said that they felt more focused and calmer after the meditation, and they were eager to practice it on their own.

DAY 01, SESSION 02, (31/08/24) - AN

NLV Prasad Rao, K. Satya Nayayana, and Sister Aruna hosted a special session called "**Science behind Meditation.**" In this programme, they addressed about how meditation works and why it's good for human being, using easy-to-understand explanations. They demonstrated that meditation isn't just an old spiritual practice but also has real benefits that science can explain. This makes it interesting for people who like science and for those who are into meditation. Their talk helped the students to understand how a calm and peaceful mind helps the body and brain.



About 240 students participated in meditation for 15 minutes in both seminar hall, and ELCS Lab. It was a great experience for everyone involved. This practice offered them a brief respite from their daily routines, allowing them to focus inward and find a sense of calm. Each participant sat quietly, concentrating on their breathing, and trying to clear their minds of distractions. The goal was to emerge from the session feeling more relaxed and centered, ready to face the rest of their day with a renewed sense of peace and focus.

DAY 01, SESSION 03, (31/08/2024)- AN

Student Interaction Session

The session, designated as "Student Interaction," was facilitated by faculty members from the Department of Humanities and Sciences. Many students participated in the initiative on a voluntary basis, contributing significantly to its success. A student named Roushan enhanced the ambiance of the session by delivering a melodious Hindi song.



DAY 02, SESSION 01, (03/09/24)- FN

Subhashini Puram, and Sindhuri Grandhi Technical Staffs in Q3 engineering conducted a session, entitled, **“How to Control your mind”** at seminar hall in Malla Reddy College of Engineering. They have argued that mind plays a crucial role in our overall well-being. They highlighted the importance of maintaining a healthy mind, just as we would care for our physical health. Mental health affects our thoughts, emotions, and behaviours, influencing how we cope with stress, relate to others, and make decisions.



Further they said that today's fast-paced world, rising stress levels, anxiety, and depression are becoming more common, making mental health care more important than ever. Prioritizing mental wellness through self-care, seeking professional help, and fostering supportive communities is key to living a balanced, healthy life. At the conclusion of the session, practical exercises were conducted with 250 students to promote the development of mental health. They also have talked some rituals, diversity in institutions, and mantras from scriptures to make one's mind free from tension and all kinds of problems faces in life.



DAY 2, SESSION 1 (03/09/24) - FN

Dr. Md. Samsujjaman and Ms. Shiva Priya, faculty members from the Departments of Humanities & Science at MRCE, successfully conducted two enlightening sessions centred on Glossophobia and introductory concepts.



The primary aim of these sessions was to encourage students to step beyond their comfort zones. Additionally, they imparted valuable insights on confidence-building techniques. The events witnessed the active participation of nearly 110 students, rendering the sessions exceedingly successful.

DAY 02, SESSION 02, (03/09/24)- AN

Goal Setting Smart Approach by Dr. Rehman Mohammed



Dr. Rehman Mohammed, a famous motivational speaker and life coach, conducted two sessions about goal setting and the SMART approach at the Malla Reddy College of Engineering's Seminar Hall and ELCS Lab. In his talk, Dr. Rehman talked about how

important it is to have goals for success in life. He mentioned that goals give us direction and motivation, helping us stay focused on our achievements. He explained the SMART way of setting goals, which means the goals should be Specific, Measurable, Achievable, Relevant, and Time-bound. Dr. Rehman ended his talk by encouraging students to set SMART goals for themselves, saying that reaching these goals can help them achieve anything they want in life.



Day 02, Session 03 (03/09/24, AN)

Place: ELCS Lab

HFN 3rd Session by K Satya Narayana, and Aruna Sister, Ramachandra Mission, Hyderabad

Day 2 of the induction programme had also Heartfulness meditation session by K Satya Narayana, and Aruna Sister. They talked the importance of balance and meditation to develop one's mental health. The session was interactive, students performed and shared their feelings about meditation. According to the Heartfulness team, the students' response was overwhelming.

Day 02, Session 04 (03/09/24, AN)

“Importance of Co-Curricular Activities & Various certification courses” by Dr V. Narsimha Reddy, Dean EDC, MRCE.

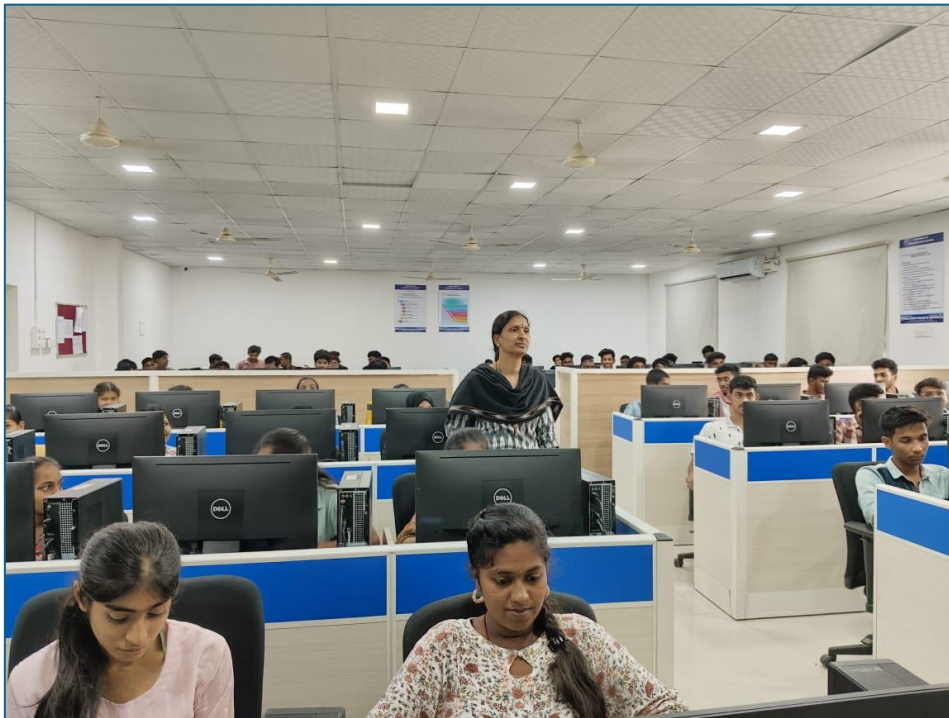


Dr. V. Narsimha Reddy, who is the Dean of EDC at Malla Reddy College of Engineering, talked to the new B.Tech. students about how important it is for them to take part in activities outside of their regular classes and to consider taking extra courses for certifications. He said that doing things besides studying in class helps students learn more and become better at different things. He explained that learning through extra courses can also make students know more about the latest technology and make them more ready for jobs. He also recommended a website called NPTEL where students can find free courses from big universities in India. He encouraged the students to use this chance to learn more and improve.

Day 3, Session 01 (04/09/24 FN)

The Indispensable Role of Technology in Engineering by Mrs. K. Sandhya Vani, Assistant Professor, Malla Reddy College of Engineering

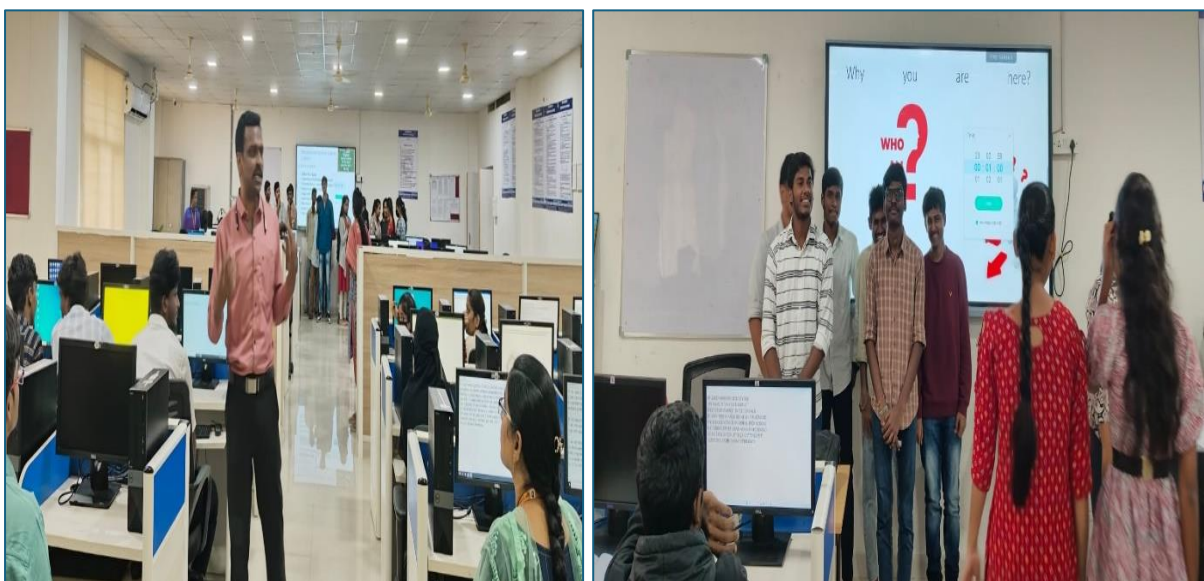
Mrs. Sandhya Vani delivered a captivating session on the crucial role of technology in the field of engineering. She explored how advancements in technology have revolutionised the way engineers design, develop, and innovate.



She discussed how computer-aided design (CAD) and simulation software have transformed the engineering design process. Engineers can now create highly detailed and accurate models, test various scenarios virtually, and identify potential issues before physical prototypes are even built. Data-Driven Decision Making: The speaker emphasised the importance of data analytics in modern engineering. By leveraging big data and advanced analytics tools, engineers can extract valuable insights from complex datasets, optimise processes, and make informed decisions.

Day 3, Session 01 (04/09/24 FN)

Mr. Manikandan, Assistant Professor in the CS Department at Malla Reddy College of Engineering, delivered an inspiring talk on "Empowering, Enhancing, and Equipping Students for Success." He emphasized the importance of providing students with not only the necessary academic knowledge but also the skills and confidence needed to thrive in a competitive world.



According to him, empowerment comes from fostering a supportive learning environment, where students are encouraged to take initiative and embrace challenges. By enhancing their critical thinking, problem-solving abilities, and technical proficiency, educators can help students stay ahead in rapidly evolving fields. Additionally, equipping them with real-world experiences, soft skills, and exposure to cutting-edge technologies ensures that they are well-prepared to achieve both personal and professional success.

Students enjoyed the program which can be seen in the feedback provided by them at the end of the session.

Day 03 , Session 02 (04/09/24) AN

Heartfulness program by Mr. K Satya Narayana Sir and Mrs. Aruna Sister

A comprehensive Heartfulness program was held at ELCS Lab, MRCE, Hyderabad exclusively for the first-year B. Tech students. Led by the experienced facilitators Mr. K Satya Narayana Sir and Mrs. Anusha, the program provided a deep dive into the principles and practices of Heartfulness meditation.



The program began with a detailed introduction to Heartfulness, covering its philosophy, history, and the profound benefits it offers. The facilitators explained how Heartfulness can enhance focus, reduce stress, and cultivate a sense of inner peace. Subsequently, the students were guided through a series of relaxation techniques and breathing exercises to prepare them for the guided meditation session.

The guided meditation, a central component of the program, was a transformative experience for the students. Led by Mr. Satya Narayana Sir's soothing voice, the students were gently guided to focus their attention inwards, connecting with their hearts and experiencing a state

of deep relaxation. The meditation helped the students to calm their minds, release tension, and find a sense of tranquillity.

Following the meditation, the program featured an interactive Q&A session where students had the opportunity to ask questions and clarify any doubts, they had about Heartfulness. The facilitators patiently answered each query, providing valuable insights and guidance. Additionally, the program included practical techniques that students could incorporate into their daily lives to maintain the benefits of Heartfulness. These techniques included simple breathing exercises, mindfulness practices, and self-inquiry.

The Heartfulness program was a resounding success, leaving a lasting impression on the participating students. Many reported feelings calmer, more focused, and better equipped to handle the challenges of academic life. The program provided a valuable introduction to Heartfulness, inspiring the students to explore this transformative practice further.

Day 03, Session 03 (04/09/24)

Dr. Sneha Joshi, the HoD of Humanities and Sciences at Malla Reddy College of Engineering led the seminar, providing valuable insights and guidance to the 240 students in attendance. She discussed the college rules and regulations that students must follow.



She stressed that these rules are important for creating a safe and positive learning environment.

Some key rules include:

- **Attendance:** Students should attend all classes regularly.
- **Academic Integrity:** Students must be honest in their academic work and avoid cheating.
- **Discipline:** Students should be respectful to teachers and classmates, and follow the dress code. Students are also not allowed to use mobile in the College premises. Besides, students need to follow dress code given by the college.
- **Prohibited Items:** Students are not allowed to bring weapons, drugs, or alcohol to campus.



Day 04, Session 01 (05-09-2024 FN)

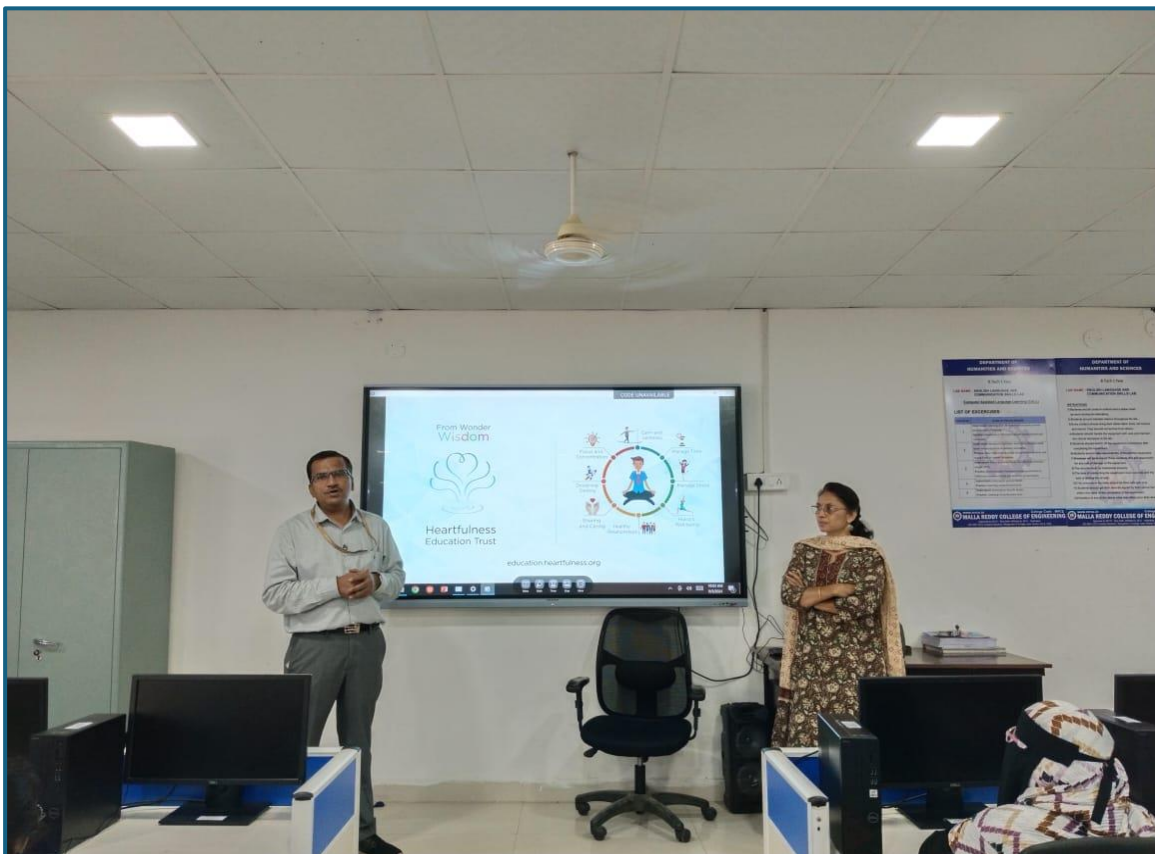
A talk on Latest Technological Developments was conducted by Mr. Harish Cholleti at the Seminar Hall, Malla Reddy College of Engineering. The event saw an attendance of 240 participants, comprising primarily of 1st-year B.Tech students. Mr. Cholleti discussed emerging trends such as artificial intelligence, blockchain, and the Internet of Things (IoT).



He highlighted their potential applications in various industries, offering valuable insights into future opportunities in the tech landscape. The session was highly informative and well-received by the students, sparking curiosity and enthusiasm for technology-driven innovations.

Day 04, Session 02 (05-09-2024)- AN

Meditation Session by Mr. Vijay Mahanti & Aruna Sister, Heartfulness (Organization)



A meditation session was organised at the ELCS lab of Malla Reddy College of Engineering for the first-year B.Tech students. The session was led by Mr. Vijay Mahanti, representing Heartfulness (Organization), and facilitated by Aruna A. The primary focus of the session was to introduce students to meditation, its relaxation techniques, and its profound impact on transforming lives. A session is being held on Thursday, September 5th, 2024 from 9:30 AM to 12:30 PM in the ELCS Lab at Malla Reddy College of Engineering. This session is specifically intended for first-year B.Tech students.

The session began with Mr. Vijay Mahanti introduced various relaxation techniques designed to calm the mind, reduce stress, and enhance focus. He emphasised the transformative power of meditation, explaining how it can lead to emotional balance, enhanced concentration, and a more positive outlook on life. A short video was presented to illustrate the "Power of Thoughts" and how meditation helps in controlling and channelizing them towards positivity. Mr. Mahanti shared personal experiences and real-life incidents where meditation brought about significant change, inspiring the students to consider incorporating meditation into their daily routines. Towards the end, the students were guided through a brief meditation session and were encouraged to share their reflections. Many reported feelings more relaxed, focused, and peaceful, even after a short practice.



Day 4, Session 2 (05/09/24, AN)

Dr. D. Venkateshwar Rao, Assistant Professor at MRIET, Hyderabad, conducted an insightful session on "Activity-Based Learning Tools & Techniques to Enhance Communication Skills for Engineering Students." The session emphasized the importance of integrating interactive and practical methods to improve communication skills, which are essential for engineering students in today's competitive environment.



He highlighted various tools such as group discussions, role-plays, presentations, and collaborative projects that encourage active participation and peer learning. By engaging students in these activities, they not only develop their communication abilities but also enhance critical thinking and teamwork, preparing them for real-world professional challenges. The session was both informative and highly relevant to the academic and professional development of engineering students.

Day 4, Session 3, (05/09/24, AF)

Mr. N. Arjun, an assistant professor at Malla Reddy College of Engineering, gave a talk titled "Stress Management for Engineers." In his lecture, he talked about how important it is for engineering students to manage stress effectively. He explained that simple techniques like breathing exercises and staying positive can help reduce stress.



Mr. Arjun also emphasized the importance of believing in oneself and maintaining a healthy mindset to handle academic pressure and other challenges. His session was aimed at helping students find ways to stay calm and focused during their studies and in their future careers.

Day 4, Session 4, (05/09/24, AF)

Mr. Bala Madhu Suryapratap, assistant professor, Malla Reddy College of Engineering, a talk was conducted at Malla Reddy College of Engineering in the PPS Lab specifically for the first-year B.Tech students. The session focused on introducing the students to the importance of communication skills, which are essential for academic and professional success. The seminar was part of the afternoon session and was closely related to effective communication skills is pivotal in excelling both academically and personally.



He explained how being proficient in communication will enable students to articulate ideas clearly, collaborate effectively with peers, and contribute meaningfully to group projects. He provided practical examples from the industry to illustrate the value of soft skills alongside technical knowledge.

Day 05, Session 01 (06-09-2024 FN)

"Art of Living: Mind Matters" by Kulpreet Singh and Rohan Gayari



A comprehensive seminar titled "Art of Living: Mind Matters" was conducted by Rohan Gayari at Seminar Hall, Malla Reddy College of Engineering, focusing on the profound connection between mental well-being and overall quality of life. Gayari's insightful presentation delved into the intricate relationship between the mind and success. He challenged the conventional notion that success is solely determined by external factors, emphasizing the crucial role of mental state in achieving personal and professional goals. By cultivating a positive mindset, individuals can enhance their focus, creativity, resilience, and problem-solving abilities, ultimately leading to greater success.



Gayari's insights were further enriched by the valuable contributions of Kulpreet Singh, who discussed the importance of cultivating knowledge and practicing exercises to control the body and mind. Singh emphasized the interconnectedness of physical and mental health, highlighting the benefits of regular exercise, meditation, and mindfulness practices in improving overall well-being.

The seminar provided attendees with practical strategies to improve their mental health and achieve greater success. Participants learned about techniques to manage stress, cultivate



positive thinking, and develop a growth mindset. The event also fostered a sense of community and shared understanding, inspiring attendees to prioritize their mental well-being and strive for personal growth.

Overall, the "Art of Living: Mind Matters" seminar was a valuable experience for all attendees, providing them with the tools and knowledge to enhance their quality of life and achieve their full potential.

Day 05, Session 01 (06-09-2024 FN)

A **Talent Hunt Session** was organized at Malla Reddy College of Engineering on 6th September 2024, aimed at identifying and nurturing the diverse talents of the first-year B. Tech students. The event was held in the college's Seminar Hall and saw an enthusiastic participation of 240 students. The session was mediated by Mrs. Anuradha and Dr. Mahmud Hasan, two faculty members, who provided invaluable guidance and feedback throughout the

program. At least 30 students participated in in the session to make it a huge success. They showed their talents on singing, dancing, giving short speech making jokes etc.



The students provided positive feedback on the induction program, expressing how it helped them adjust to the college environment. Many appreciated the interactive sessions, which allowed them to bond with their peers and faculty. They found the workshops on communication skills, time management, and stress relief particularly useful for their personal and academic growth. Some students mentioned that the campus tour and orientation sessions made them feel more comfortable and confident about navigating the college. Overall, the students felt the induction program was well-organized and beneficial in helping them transition smoothly into college life.



Day 05, Session 02 (06-09-2024 AN)

This talent hunt session was conducted by Mr. N. Arjun and Dr. Mamud Hassan which was held in the seminar hall during the post-lunch session.

Talent Hunt





Feedback Session

