AICTE STUDENT INDUCTION PROGRAM

03.09.2024

Say to "No to Drugs"

After the inaugural ceremony the very first session of the student induction programme 2024 was conducted by Mohammed Harish, Circle inspector of Excise, Aluva. Sir gave an effective speech on how badly drugs influence the young generation. He conveyed his experience of handling people addicted to drugs. To be a good civilian he offered us how he and his team could provide us any assistance to go against drugs.

Leading in the VUCA World

This engaging and very interactive session was led by Dr. Manu Melvin Joy, School of Management Studies, CUSAT. Sir presented us with a glance of the dynamic and transient nature of industries. He described approaches to develop an adaptable, flexible and resilient mindset in the VUCA world.

04.09.2024

Mindfulness

Explicating the necessity of living in the present, Merin Ann Mathew, Psychologist, CUSAT, delivered this class on mindfulness. The meditation was a healing experience. The lecture emphasized the impact of intentive thinking which allows us to be diligent and meticulous.

Home Department Visit

The golden opportunity to visit our department and interact with distinguished alumni was an honour. They shared their insightful experiences and wisdom on various branches of

our course. Enlightening us, this motivating session set the tone for our academic odessey. Their guidance and encouragement is tremendously supportful.

05.09.2024

NSS Orientation Class

In this program we were introduced to the national service scheme. The class was conducted by Dr Remya R, CUSAT NSS programme coordinator. Mam explained the importance of NSS in our society. We witnessed how the NSS volunteers work to create a difference in CUSAT. This program was a great influence for more new volunteers.

06.09.2024

Making you a BETTER you

A very informative session on improving oneself was lectured by Dr. Lalitha Mathew. Mam highlighted methods to unlearn and learn utilisable things to grow and change our personality for the better. This personal development class was highly impactful.

09.09.2024

Universal Human Values

Dr. Deepa G Nair, School of Engineering, CUSAT, conducted the lecture on UHV. The objective of UHV is to facilitate holistic development. The need of a humane society mutually prospering with nature was elucidated. It serves as a basis for moral decision making, helping in correct understanding.

Yoga for health and peace

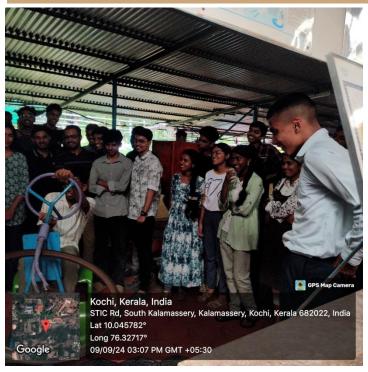
This was a very peaceful and healthy session. Even though there were limitations for occupying 150 students for a practical session, Neelima mam and her team made this session a great success. Through her knowledge in the art of yoga she took us to a calm

stage of mind. She also taught us the importance of yoga in our life and how practising yoga can make you healthy, peaceful and a better person.

PICTURES















SCHEDULE

AICTE Student Induction Programme (SIP) September 2024

Jointly Organized By

Dept. of Ship Technology, Dept of Instrumentation & Dept of Polymer Science and Rubber Technology, CUSAT

Date	VENUE	Time slot			
		9am- 11am	11.00 am - 1.00 pm	01.00 - 02.00 pm	2.00 pm - 4.00 pm
03.09.2024 Tuesday	Department of Instrumentation Seminar Hall	Inaugural Function (Chief Guest, VC & Registrar)	Say "No to Drugs" (Mohammed Harish, Circle Inspector of Excise, Aluva) Coordinator: RPM	•	Leading in the VUCA World (Dr. Manu Melvin Joy SMS, CUSAT) Coordinator: RPN
04.09.2024 Wednesday	CUSAT Central Lib, Ship Tech Seminar Hall, Instrumentation Seminar Hall, OS &RT Seminar Hall & CSIS	UGC REGULATIONS	Creative Thinking Prof. Dr. Mathiazhakan Coordinator: RPN		Home Dept. Visit (Lab, Library etc.), Talk by Alumni, etc.
05.09.2024 Thursday	Polymer Science And Rubber Technology Seminar Hall	Introduction to CUSAT Central Library Resources Coordinator : JJG	UHV (Dr. Deepa G Nair , SOE, CUSAT)	Lunch Break	Anti- ragging awareness (Legal Aid Clinic, School of Legal Studies, CUSAT) Coordinator: RPM
06.09.2024 Friday -	Polymer Science And Rubber Technology Seminar Hall	UHV (Dr. Deepa G Nair , SOE, CUSAT)	Making you a BETTER you (Dr. Lalitha Mathew) Coordinator: RPN		1st year B.Tech Students Cultural event
09.09.2024 Monday	Department of Instrumentation Seminar Hall	Yoga for health and Peace (Neelima, Moving Temple)	UHV (Dr. Deepa G Nair, SOE, CUSAT)		Visit to CSIS, CÜSAT

AICTE SIP 2024 Coordinators:

- 1. Department of Instrumentation Ratheesh P.M. (9447634188)
- Department of Ship Technology Dr Rajesh P Nair (9744297106)
 Department of Polymer Science And Rubber Technology Dr. Jinu (9497792092)

First Year Class Tutors

- Department of Instrumentation Navya V N (8606183483), & Devanand P S (9074701431)
 Department of Ship Technology Dr. Haseena K A (9961215052)
 Department of Polymer Science And Rubber Technology -

ATTENDENCE

DAY 1



DAY 2

