



UNIVERSITY COLLEGE FOR WOMEN

(Atonomous)

A Constituent College of Osmania University
NAAC, Reaccredited with 'A' Grade
Koti, Hyderabad.



UNIVERSITY COLLEGE FOR WOMEN, KOTI

A Constituent College of Osmania University, Koti, Hyderabad-500095)

Student Induction program

for Degree First Year Students of B.A., B.Sc., & B.Com.

4th to 10th July 2019

Venue: Esra Hall

Prof. A. Roja Hanu
Principal

Dr. P. Saritha Reddy
Vice-Principal

Dr. Khija Begum,
Coordinator, Student Induction Program

PRINCIPAL'S MESSAGE



A. Roja Rani
Principal

Greetings to all!

With immense pride, I announce the beginning of yet another year with over 1000 enrolments in the First Year Degree Course for B.A./B.Sc./B.Com. streams. As per UGC guidelines, the College has organised a six day Induction Programme for the Freshers this year. Under the able leadership of the SIP coordinator, Dr. Aliya Begum and perfect coordination by various faculty members, a well chalked out programme was drawn with an intent of getting the freshers acclimatize with the college, the courses and warm up to the environment, to step into their new academic world with confidence.

“Education is the most powerful weapon which you can use to change the world” said Sir Nelson Mandela.

Degree First year is a major transition from the sheltered life of School and Junior College to an open world of University. This sudden change can be unnerving for the young minds and, what better way than to iron out their confusions through a week-long Induction where they can informally familiarise themselves to the college environment and faculty, make new friends, learn new things, listen to guest lectures, have fun activities like yoga, games etc., without the pressure of academics. In short, they learn to love the diversities that they have been exposed to, and develop a preparedness to take on the challenges.

I congratulate the SIP team for smoothly conducting the induction and my best wishes to young girls standing on the threshold of a bright future. To quote Martin Luther King Jr. *“Intelligence plus character, that is the goal of true education”*.

Good luck to all!

Principal

Prof. A. Roja Rani

VICE PRINCIPAL'S MESSAGE



It gives me immense pleasure to be a part of the Student Induction program, from 4th – 10th July 2019 organized by University College for Women, Koti, Hyderabad.

The transition of students from secondary to higher education needs support of the institution in a way, that they develop a sense of belongingness and an awareness of their rights as well as responsibilities. Student Induction is designed to help in this whole process, to welcome new students to higher education & prepare them for their new role.

I am sure, this one week Induction program, well designed with small group activities, physical, creative, literary & extracurricular activities and lectures by eminent personalities will definitely help the students acclimatise with the new surroundings, develop bond with fellow students & teachers, develop sensitivity towards various issues of social relevance and imbibe human values, so as to become responsible citizens.

I appreciate and congratulate Dr. Aliya Begum, Co-ordinator SIP & all the members for their effort & hard work put into the design & conduct of the program.

I wish the program a grand success.

Dr. P. Saritha Reddy
Vice-Principal
Dept. of Chemistry,
UCW, Koti.

VICE PRINCIPAL'S (HOSTEL) MESSAGE



Dear Fresher's

We have a responsibility to guide every student by providing the information and guidance to avail the best opportunities to succeed.

An appropriate induction to University life is part of that opportunity. I am indeed delighted and have great pleasure in conveying my congratulations to the UGC for introducing and implementing the student induction programme, conducted from 4-7-2019 to 10-7-2019 which was a grand success. I specially would like to acknowledge the efforts in designing the programme. We could address the under graduate first year students at large on a common platform with elaborate discussions which otherwise was for a limited time period.

Hostel life is an integral part of the student's development during the course of studies. Start of hostel life is both a challenge to the students and their guardians. This program helped me specially guide the tensed students and their family members about how and when to avail the hostel facility available at our college campus. This session helped me deliver the point, how the students have to be independent, responsible and self sufficient, as all these characteristics are an integral part of their growth.

The student residents always play a key role in the governance process and the daily activities related to hostel matter. I am sure, you will enjoy your stay in the transit from becoming young ladies to responsible and enlightened adults capable enough to face and resolve all types of challenges.

I wish you all the best for your comfortable, cordial and productive stay at the University College for Women, Koti.

Dr.K.Shailaja
Vice Principal (Hostel)

MESSAGE BY Dr. ALIYA BEGUM



On behalf of myself and the Organizing Committee of Student Induction Program, it gives me an immense pleasure in extending a warm and hearty welcome to all the Degree first year students entering into the realm of Higher education. The main theme of this program is to educate the new entrants about the environment in a particular institution and connect them with the people in it.

This program provides a great opportunity for building their academic career to get exposed to the illuminating and advanced lectures to be delivered by outstanding academicians, motivational speakers and renowned personalities hailing from different professions.

I express profound gratitude to all the distinguished resource persons for accepting our invitations to deliver their talk and to make this event a grand success.

I wish all the participants to reach sky through the ladder of success.

Dr. Aliya Begum
SIP Co-ordinator

MESSAGE BY Dr. Shailaja



I congratulate the student induction programme committee for a wonderful programme that has surely made the fresher's comfortable in the college. I am sure that the new students will feel at home and participate in both curricular and academic activities of the college. I am happy to be a part of the student induction programme committee.

The function of education is to teach one to think intensively and to think critically. To achieve this however, you must roll up your shirt sleeves and immerse yourself into serious academic work. Nothing comes by sitting on one's laurels. One has to take risks and venture into the unfamiliar, ready to use their brains to solve the numerous problems afflicting mankind.

(Dr. B. Shailaja)
Controller of
Examinations

MESSAGE FOR THE STUDENTS ON INDUCTION PROGRAM OF THE COLLEGE



EFFORTS AND COURAGE ARE NOT ENOUGH WITHOUT PURPOSE AND DIRECTION

I am extremely honoured and privileged for getting an opportunity to welcome the new members to our prestigious institute,. On behalf of the entire institute, I would like to welcome all the newcomers.

I heartily congratulate all of you for achieving success in getting a seat in this reputed college. This truly means the first step towards following your dreams and achieving your goals. And since for the next 3 years you are going to be part of this college, we heartily wish that you imbibe the best knowledge and experience from here.

For students, who are away from their respective homes for the first time and happen to face any problem in settling down in the new environment, I assure that all of us are readily available to listen to your problems and help you in tackling the same.

Students of today are the future of our college and nation. I strongly believe that your sincerity and honesty can always help you in making a good and responsible human being out of yourself. Of course, teachers and all other college staffs will always remain as the navigators to guide you.

I once again welcome all the freshers and wish them all the luck.

Dr. Krishna Chaithnaya
IQAC Co-ordinator

MESSAGE FOR THE STUDENTS ON INDUCTION PROGRAM OF THE COLLEGE



when the student is ready the teacher will appear.

I wish to welcome you to University College for women, one among the oldest higher education institutions at 95years of age. . The purpose of all that was to help you settle in. In other words to help you feel at home in this new environment. Let me join those who came ahead of me at this early opportunity to congratulate you on many achievements. The mandate of this young College is to generate new knowledge through research and direct it to the transformation of society. This is in tandem with our mantra: Education for empowerment and development of women. We take pride in imparting functional knowledge that can ignite positive change and transform personal life as well as the society in economic, social, cultural, spiritual and intellectual dimensions. Education has profound effect on dismantling impediments to social equality. You are all here as equals and partners thanks to what you possess between your ears. University college for women is therefore a place not for the chosen but those who have chosen it as an arena to mould their future.

The purpose of all that was to help you settle in. In other words to help you feel at home in this new environment. Let me join those who came ahead of me at this early opportunity to congratulate you on many achievements.

Dr. D. SREENIVAS
Infrastructure
Co-ordinator

MESSAGE BY Dr. K. PREMALATHA



It gives me immense pleasure to be a part of the Student Induction Program organized by University College for Women from 4th to 10th July 2019 and I would like to take the opportunity to extend a warm welcome to all the new students to University College for Women, Koti.

The Induction program is a well-planned event conducted to educate the new students about the environment in a particular institution and connect them with the people in the institution. The program aims to help the students to adjust, feel comfortable and inculcate in them the ethos and culture of the institution. I hope during this program, the students will have the opportunity to learn more strategies for adjusting to college successfully, getting involved on campus and making good choices. The Sessions will provide practical and valuable information to promote a healthy environment and supportive of student success. I encourage all the new students to attend all the sessions of the induction program.

I would like to congratulate Dr. Aliya Begum, the Coordinator and the members of Induction Program for taking initiative in conducting the Induction Program.

Dr. K. Premalatha
Academic Co-ordinator

MESSAGE BY Dr. M. KAVITHA



I am pleased to be part of the Student Induction Programme organized by University College for Women from 4th to 10th July-2019. The induction program helps the student to integrate in the new environment and provides an overview of the College. It also provides an opportunity for the students from diverse backgrounds to adjust themselves in the new environment, help them to understand the ethos and culture of the college and build bonds with their fellow students and the faculty.

I congratulate Dr. Aliya Begum, the Coordinator of this program and her team for successful implementation of UGC mandate and conducting this program.

Dr. M. Kavitha
Academic
Co-ordinator

MESSAGE BY

ADMISSION COORDINATOR (DOST)



At the outset, I congratulate the freshers for getting admission into one of the best Colleges. The students are therefore urged to take this opportunity to upgrade their knowledge and update themselves with the best of the infrastructural facilities, library, etc. In this connection, I appreciate the six days Student Induction Program from 4th – 10th July 2019, being conducted for the benefit of the students to enrich their knowledge with selectively designed and well-planned lectures on the topics like leadership qualities, motivation, etc. I am sure these deliberations will boost the morale, enthusiasm and positive approach of the students.

Once again, I wish all the very best to all the first year students.

Mr. P. Ramesh
Admission Co-ordinator,
DOST
TSCHE, Hyderabad.

MESSAGE BY

ADMISSION COORDINATOR, UGC & CDA



University College for Women is known for excellence in imparting contemporary and meaningful education to students and encouraging them to take part in curricular; co-curricular and extracurricular activities as well, leading to a holistic development. In this pursuit, 'Students Induction Program' is organized for the first year students of B.A, B.Sc. and B.Com., wherein, a platform has been created for disseminating valuable information across the sessions spread over six days.

The program has been organized to foster an interdisciplinary interface across the fields of Physical and Mental well being; Health and Nutrition; Personal Hygiene; Self grooming; Values and Cultural Ethos; Sensibility & Sensitivity; Skills & Development; Goals and Career planning etc.,. The novelty of this program is a unified effort in giving an opportunity to the young minds to introspect and intercept. The program concluded with each student planting a sapling, an echo friendly initiative towards a clean and green campus and a better tomorrow. With an objective to take the spirit of the induction program forward, proceedings have been brought out in the form of a Souvenir.

I congratulate Dr. Aliya Begum, Coordinator, SIP and the entire team for all the efforts they have put in not only in making the SIP possible but also for their initiation in documenting which I think would be very useful.

Dr. Mrs. O. Bhavani
Coordinator, UGC & CDA
University College for Women
Koti, Hyd.

MESSAGE BY LIBRARIAN



Good Morning and a warm welcome to all the freshers and their parents!

I am Mrs. Padmaja Kumari, your Librarian.

The library is located opposite the Durbar Hall in two floors with different sections. Our library caters to all the PG and UG students from 10 A to 4.30 PM on all the working days in the year. There is a break between 1.00 PM to 1.30 PM for lunch.

You will be happy to know that your library has 135000 books covering subject, language and competitive topics. Please do make use of this wonderful facility.

Each one of you will be issued two library cards in the first year and another card will be added in the second year. Entry to the library is strictly on the basis of the Identity card. I request your cooperation on this. Please note that you can borrow books for maximum of 15 days.

Books are arranged according to the subject with the classified numbers. An alphabetic card catalogue system is available to assist you in locating the books. To help you further, an online catalogue is also available. We have a suggestion register; any requirement of the books or suggestions can be mentioned in it.

We have also subscribed magazines and newspapers for reading within library.

You will be happy to know that our library is automated with the new GenLib software.

I request your cooperation to maintain discipline in the library and in issue of books. My staff along with me will be happy to help you in case of any difficulties.

Best Wishes and happy reading !

Mrs. Padmaja Kumari
Librarian

AIMS & OBJECTIVES

“As long as I live, so long do I learn.” (Sri Ramakrishna)

“Knowledge does not consist in narrating much. Knowledge is a light which God places in the heart” (Imam Malik)

One of the most challenging events in a student's life is transition from school to College or University. The incoming undergraduate students are influenced by their parents and society to join higher education without understanding their own interests and talents. Hence the student induction program (SIP) is designed for the new students of B.A., B. Sc., and B. Com. To help them feel comfortable, draw their attention towards exploring their academic interests and activities, reducing competition and making them work for excellence, promote bonding within them, build relations between teachers and students, open new horizon of life and leading to character building.

Aims

- To educate the new entrants about the environment in a particular institution and connect them with the people in it
- To educate the incumbents about the institutional policies, processes, practices, culture and values

Objectives

- To help the students acclimatize with the new surroundings
- To develop bond with fellow students and teachers
- To develop sensitivity towards various issues of social relevance and imbibe human values so as to become responsible citizens
- To develop a sense of belongingness and an awareness of their rights as well as responsibilities

UNIVERSITY COLLEGE FOR WOMEN

Student Induction Program-Time Table (With minor internal changes) 4th-10th July 2019

| Days | 10.00 -11.30 AM | 11.30-100 PM | 1.30-3.00 PM | 3.00-4.30 PM |
|------------------|--|---|---|---|
| Day 1 4-7-19 | Inauguration with Ice breaking session | Academics and administrative structure of UCW & Student's Scholarships | Integral personality through fitness Dr. T.K. Venkat Rajaiah, OU | Co-Curricular & Extra Curricular activities (Dr. Jyothi & Dr. Rupasree) Dept of Genetics |
| Day 2 5-7-19 | YOGA & Well Being Dr. Gayatri & Dr. A. Anjali | Teamwork and leadership development Dr. A. Shailaja, OSD-TASK | Sports, NCC, NSS Dr. Deepika Rao, Dr. M. Dorcas & Mr. Yadaiah | Career Orientation Mr. A. Tarun |
| Day 3 6-7-19 | Life Skills - Mentoring with universal human values Mr. Adiraju Satya Narayana | Motivation Mr. Mirza Sibline | Intellectual Property Right (IPR) Dr. G. Vijaya Lakshmi | Gender Bias & Sensitization Ms. Mariya Advocate |
| Day 4 8-7-19 | Goal setting & Time Management Mr. Pradeep | SAGE Dr. C. Beena, Osmania University | Resource planning & Skill development ALEAP TEAM | Entrepreneurship ALEAP TEAM |
| Day 5 9-7-19 | Income Generation through Life Skills -YOGA by Mr. Brijbhushan | Library & e- learning resources Dr. A.S. Chakravarthi, OU | Department Orientation & College tour | Department Orientation & College tour |
| Day 6 10-7-19 | Conservation of resources Dr. Raj Kumar Dept of Botany | Go green revolution- Own your plant Dr. Dorcas Dept of Botany | Valedictory | |

STUDENT INDUCTION PROGRAMME (SIP)

4th-10th July 2019

PROGRAM SCHEDULE

Venue:- Esra Hall

Day 1 (4-7-19)-Thursday

9.00 am to 9.45 am : Registration & Help Desk - **Dr. P. Pallavi and Team**

INAUGURATION : **Dr. K.S. N. Jyothi**

Prayer song : **VANDEMATARAM** by College Choir

9.45 am to 10.00 am : Introduction by **Dr. Aliya Begum**, SIP Coordinator.

10.00 am to 1.00 pm : **Ice Breaking Session** by Principal, Vice - Principal, Vice-Principal (Hostel), IQAC Coordinator, Controller of Examinations, Academic Coordinators, Coordinator

DOST, UGC Coordinator, PRO, Assistant Registrar and Librarian.

Session conclusion with college choir song

Afternoon Session Coordinator- Dr. Deepika Rao

- 1.30 pm to 3.00 pm : Co-Curricular & Extra Curricular activities by **Dr. K. S. N. Jyothi & Dr. Rupasree**
3.00 pm to 4.30 pm : Integral Personality through Fitness by **Prof. T. Venkat Rajaiah**,
Emeritus Professor, EFLU and Yoga Teacher.

Day 2 (5-7-19)-Friday

Forenoon Session Coordinator - Dr. Loka Pavani

- 10.00 am to 11.30 am : YOGA & Well-being by **Dr. A. Gayatri Devi & Dr. Anjali Devi**
11.30 am to 1.00 pm : Teamwork and Leadership Development by **Dr. A. Shailaja**, OSD-TASK

Afternoon Session Coordinator - T. S. Savitha

- 1.30 pm to 3.00 pm : NCC, Sports and NSS by **Dr. Deepika Rao, Dr. M. Dorcas and Mr. Yadaiah**
3.00 pm to 4.30 pm : Career Opportunities by **Mr. A. Tarun**

Day 3 (6-7-19) - Saturday

Forenoon Session Coordinator - Dr. P. Aruna

- 10.00 am to 11.30 am : Life Skills - Mentoring with universal Human Values by
Dr. Adiraju Satyanarayana
11.30 am to 1.00 pm : Motivation by **Mr. Mirza Sibline**

Afternoon Session Coordinator - Dr. Sabiha Shareef

- 1.30 pm to 3.00 pm : Intellectual Property Right (IPR) by **Dr. G. Vijaya Lakshmi**, UCW
3.00 pm to 4.30 pm : Gender Bias & Sensitization by **Ms. Mariyah**, Advocate

Day 4 (8-7-19) - Monday

Forenoon Session Coordinator - Dr. Deepthi

- 10.00 am to 11.30 am : Goal Setting & Time Management by Mr. Pradeep
11.30 am to 1.00 pm : SAGE by Prof. C. Beena, Osmania University

Afternoon Session Coordinator - Mrs. M. Jayasurya Kumari

- 1.30 pm to 4.40 pm : Resource planning, Skill Development & Entrepreneurship by **ALEAP team**

Day 5 (9-7-19) - Tuesday

Forenoon Session Coordinator - Mrs. Shruthi Khabra

- 10.00 am to 11.30 am : Income Generation through Life Skills -YOGA by **Mr. Brijbushan**
11.30 am to 1.00 pm : Library and e-learning resources by **Dr. A. S. Chakravarthi**, OU

Afternoon Session Coordinators – ESRA Hall

- B.Sc. Biological Sciences ; Dr. Rupasree**
B. Sc Physical Sciences : Dr. Shruthi Khabra
B.Com. at PG Seminar Hall : Dr. Nazia
B.A. at PG Seminar Hall : Dr. V. Srilatha

- 1.30 pm to 4.30 pm : Departmental Orientation by **Heads of Departments**

Day 6 (10-7-19) - Wednesday

Forenoon Session Coordinator - Dr. Nazia

10.00 am to 11.30 am : Conservation of Resources by **Dr. Raj Kumar**
11.30 am to 1.00 pm : Go Green Revolution (Own your plant) by **Dr. Dorcas**

VALEDICTORY **Mrs Sangeetha**

Report on Student Induction program By Dr. Aliya Begum, SIP Coordinator

Students Feed back

Message by Vice Principal (Hostel)

Message by Vice Principal

Presidential remarks by Principal

Certificate Distribution **B.Sc. - Dr. Saritha Subhashini (Biological Sciences)**
B. Sc. - Mrs. V.S. Pallavi & Mrs. Savitha Reddy (Physical Sciences)
B.Com. - Mrs. Srilakshmi
B.A. - Dr. Deepthi

Vote of Thanks by Dr. G. Vijaya Lakshmi

Duties of Session Coordinators

- Collecting CV's from the speakers
- Making arrangements for the session (Dias, audio and Refreshments to the speaker)
- Brief introduction before the talk
- Presenting Honorarium, taking receipt for the same, giving Certificate of appreciation and taking feedback from the speaker
- Making a brief note of contents for Valedictory report

REPORT

Date: 4th July 2019

The inaugural for the Six Day Student Induction Program (SIP) was held at Esra hall on 4th July at 10



AM.

Principal - Prof. A. Roja Rani, Vice principal - Dr. P. Saritha Reddy, Vice principal (Hostel)- Dr. K. Shailaja, SIP coordinator - Dr. Aliya Begum, IQAC coordinator - Dr. K. Krishna Chaitanya, Infrastructure Coordinator Dr. D. Sreenivas, Controller of

Examinations - Dr. B. Shailaja, Academic coordinators - Dr. M. Kavitha & Dr. K. Premalatha, Head, Department of Telugu - Dr. Raghunath, PRO Mr. Krishnaji Rao, Librarian - Ms. Padmaja, Student Advisors - Dr. K. S. N. Jyothi & Dr. Rupasree were all part of the Ice Breaking Session.



The programme began with Vandemataram by the Choir group of UCW. Dr. Aliya Begum, SIP coordinator, explained about the significance of the



Six Day Student Induction Program. Principal and all other members explained about the academic schedule, examination pattern and various other important aspects of college. They all motivated the students with their inspiring speeches. The inaugural session ended with the college song.

SESSION 1 - Co- curricular & Extra-curricular activities of the college

Resource persons - **Dr. K. S. N. Jyothi & Dr. Rupasree**

A PowerPoint presentation on all the co-curricular & extra-curricular activities of the college along with pictures of the recent activities of the college was made in this session. Highlights of the various club activities like Science club, Eco club, literary club, Music club and Art and theatre club were explained to



the students. Dr. Jyothi and Dr. Rupasree conducted various games to bring out hidden talents among the students. Few good singers, dancers, artists came out with their skills. Overall, the session was full of energy and activity.

SESSION – II: Integral Personality through Fitness by Prof. T. Venkat Rajaiah

Prof. Thatikonda Venkat Rajaiah, an established author of several books on English, Yoga and Personality Development is Founder and Former Director of CELT, University College of Engineering. He has become a celebrated self-designed, multifaceted integral personality fitness Yoga teacher nationally and internationally. A passionate reader in English, Integral Yoga and meditation practitioner, he has excelled himself as a



committed academician and an interdisciplinary integral teacher.



Prof. T. Venkata Rajaiah, OU has taken Yoga Class to all the students and laid emphasis on the importance of yoga and benefits of performing yoga regularly. Sir opined that yoga refers to the spiritual discipline that includes meditation, exercises, physical postures, breathing techniques. It is done to improve physical



health, mental health, relaxation, and overall well-being of the individual. Yoga paves way for a healthier life and is considered an easy way to stay fit, than other forms of exercises and one can be easily practised them at home.

Sir made the all the students and staff practice several types of breathing techniques which aims at regulating and controlling breathing process. At the end of the session, all of the participants have understood that Yoga is a very useful practice which is easy to do and helps in getting rid of certain serious health problems that are common in today's life style.

Date: 5th July 2019

SESSION – I(a): Well-being, Nutrition and Health by Dr. C. Anjali Devi

Dr. C. Anjali Devi, Retd. Professor, OU and is currently working as Guest Faculty in the Department of Food and Nutrition. She has 48 years of experience



in teaching, research and Extension activities. She has completed 30 research projects on community Nutrition and Product Development sponsored by IGSSS, WHO, UNICEF, USAID, ICRISAT, UGC and ICAR.

Madam has addressed students on the topic Health Nutrition and Personal Hygiene. She addressed students on the importance of balanced diet, importance of breakfast as the first meal as most of the students in their age group would be under the impression of skipping meals



for losing body weight. She alarmed them about the ill effects on their reproductive health over the years to come. She also advised students not to try any new foods but suggested them to have good food.

Madam also has discussed the importance of personal hygiene on their health and the necessity of the clean surroundings, importance of washing hands before eating food and the importance of discipline among the students.

SESSION – I(b): YOGA by Dr. A. Gayathri Devi

Dr. A. Gayathri Devi is faculty of Chemistry Department, UCW. She has 19 years of teaching experience. She has published about 7 research papers in National and International Journals. She received Best paper award for pesticide residue analysis at Bangalore Institute of Science. Also, she is an Advocate and qualified Yoga Trainer doing service in yoga for the past 20 years.



Madam has given a brief introduction to yoga to highlight the importance and necessity of yoga for both physical and mental well-being. She also



explained about the various aspects of Ashtanga yoga of Patanjali. Few asanas were taught and practised by the students as part of practical session. Many difficult yogasanas were demonstrated by Dr.

B. Balaiah, Retd. Senior Scientist from NFC. Two basic pranayamas were taught and made practised by the students. Students have actively participated in all aspects with good understanding and committed to attend a full course on yoga.

SESSION – II: Teamwork and Leadership Development by Dr. A. Shailaja

Dr. A. Shailaja, currently the Officer on Special Duty – Academic Relations at TASK, Department of IYE&C, Government of Telangana, handles the Skill Development initiatives for the Core Engineering and various sectors. She heads the Entrepreneurship and



Innovation Initiatives in collaboration with T HUB, WE HUB and TSIC. She was instrumental in launching the IT and A&R MOOCs for students, and has about 26 years of experience in IT / ITES / Telecommunications / Start-up and Education sectors. She has worked with world's leading organizations like DELL, etc

In her session, she focussed on leadership qualities, social responsibilities and academic qualification of a student which are essential for procuring a job. Also, soft skills, organizational skills and technical skills are helpful for identifying as a potential and competent job-seeker by any Institution at an interview. New learning approach should be adopted by the students moving from conventional to modern technology such as learning Apps and experiential learning methodologies.

SESSION – III: Lt. Dr. V. Deepika Rao, Dr. M. Dorcas and Mr. Yadaiah

Sports and NCC: An introductory session about sports, entry into sports, facilities available in college, Inter-departmental competitions, coaching camps, participation in games and sports, etc were focussed and selection process to get into University and State team.

Students were briefed about NCC, benefits of join NCC, the minimum number of camps to attend, different National camps like Republic Day camp, Thal Sainik Camp, National Integration camp, adventure camps, camps like trekking, rock climbing, cyclic expedition, etc and procedure for women students to get into armed forces.

National Service Scheme (NSS) is an Indian government program under the Department of Sports Authority, a Session was conducted for the freshers to develop students' personality through community service. NSS had its own identity, it can be used for the betterment of the society by proper implementation and to create social responsibility of the students. Some of the main objectives of NSS which are given below are explained in a nutshell.



- Understand themselves in relation to community
- Identify the needs and problems of the community
- Develop sense of social and civil responsibilities
- Acquire leadership qualities
- Develop capacity to meet emergencies
- Practice national integration and social harmony

SESSION – IV: Career Orientation by Mr. A. Tarun

The Topic was “Career in Deep Tech Age”. He spoke about the importance of Data Science & AI (Artificial Intelligence) in our day to day life. He explained the differences between the Robot way of thinking and Human being thinking patterns. He also pointed out how the students should set their goals in building up their career in this advanced society which is changing every second. He concluded the session by focusing on how the students have to change their reading; analysing and thinking styles in order to achieve their dream job.



Date: 6th July 2019

SESSION – I: Life Skills Mentoring by Prof. A. Satyanarayana

Professor Adiraju Satyanarayana is a resourceful and renowned personality with a vast experience of 40 years in the area of Banking, Services and Knowledge management. Presently, he is a well-known dignitary in the field of Psychology and Counselling, Psychotherapy. He is a Motivator, Hypnotist, HRD Trainer, Expert Behavioural Modifier.

On the Third Day of Induction Programme, Session I on “Life Skills Mentoring with Universal Human Values”, started at 10 am by Professor Adiraju Satyanarayana,

an eminent motivational Speaker and a well-known HRD Trainer cum Expert Behavioral Modifier. Sir started off with

Laughing Therapy and emphasised on energising our bodies by waking up early and praying God. He advised the students to have positive affirmation that every individual should keep repeating to oneself that



he/she is healthy, special, perfect, powerful, intelligent, strong and confident person, with unique talent to prove that he/ she can achieve their goals. He explained that memory can be sharpened by polishing the brain with different brain exercises and stated that

discipline and dedicated efforts should be put in and leadership qualities should be nurtured to achieve our goals. He gave the students the ABC Mantra for success i.e. A – Accept yourself as you are and Appreciate your self. B- Believe in Yourself and say that if one can do I can also do and if none can do I can do. C- Communication i.e. interactive communication and good body language will decide your altitude.

SESSION – II: Importance of Self Talk by Mr. Mirza Sibtime Raza

Mr. Mirza Sibtime Raza is a Motivational Speaker. He is presently running a Counselling Centre to address Psychological issues relating to Stress Management, Life Transition, Depression, Cultural Adjustments, Study and Career issues etc.

The Second Session was on, “Importance of Self Talk”, which was eminently handled by a renowned Motivational Speaker, Mirza Sibtime Raza who mentors people in building Self Esteem and counsels' persons on Psychological issues relating to Stress Management, Depression, Life Transition, and various Career issues. He opined that the way we think and interact with ourselves, will have its impact on our overall personality. He sighted many researches that proved that if

we speak good words, it will have a positive and good impact on us and we will be constantly motivated to inculcate strong self-esteem which will in turn make us confident and



successful persons. Self-talk will help in gaining insights about ourselves and enhances our mental competency to cope up with stress and boosts team spirit and positive attitude towards life. It was a well addressed self-talk session beautifully supported by scientific proofs, examples, anecdotes and also an interactive session well executed with group participation in exercises.

SESSION – III: Intellectual Property Rights by Dr. G. Vijaya Lakshmi

Dr G. Vijaya Lakshmi, faculty, UCW has 20 years of teaching experience and 14 years of research experience. She has published 19 research articles in reputed National and International journals. She has presented about 20 poster and oral presentations at National and International Conferences/Seminars, completed minor research project under UGC-BSR Start-Up Research Grant, attended 45 National and International Conferences /



Seminars / Workshops across the country and one student has been awarded PhD.

She has delivered lecture on the topic “Intellectual Property Rights – Introduction” explaining about the objectives and significance of IPR in day to day life. She also spoke about the different types of IPR with a special focus on Patents and scenario of patents in India compared to other countries, impact of patents on Pharmaceutical Industries, benefits of IPR and patenting and its requirements from the future generations. She also discussed about some case studies which involved various types of infringements and solving of such cases legally.

SESSION – IV: Gender Bias and Gender Sensitization by Ms. Mariyah Ahmadi

Ms. Mariyah Ahmadi is a practicing Advocate. She is the Legal Associate for a leading MNC and is also working as a Legal Assistant at All India Muslim Women Help Line. She is an active member of Muslim

Girls Association and is fighting for the rights of women. The last session was on the topic, “Gender Bias and Gender Sensitization”. The resource person was Ms. Mariyah Ahmadi, who explained that Gender Bias / Discrimination violates human rights and acts as a hurdle in the development of the country. She gives all the statistics which clearly



show the extent of women discrimination starting right from their birth and lasting till they die. Discrimination is found in various fields like Education, Employment, Politics, Sports, etc. She enlightened the students about the various constitutional and legislative laws that have been incorporated to protect the rights of women and give them equal status along with men. She sighted various legislative laws related to Child Marriage, Immoral Trafficking, Medical Termination of Pregnancy, Prenatal Tests, Dowry laws, Women's Right to Property etc. which are framed to protect women. She motivated the girls to be courageous, independent and empowered citizens who should fight for their rights and work for reducing the gender bias.

Date: 8th July 2019

On the 4th day of the Student Induction Program, the afternoon session included a lecture on Resource planning, Skill Development and Entrepreneurship by ALEAP team (Association of Lady Entrepreneurs of India). The speaker for this session was Ms. B. Kavitha Rajesh, from ALEAP. Since 1995, Mrs Kavitha Rajesh has been a member of ALEAP, presently Treasurer of ALEAP and secretary for ALEAP Industrial estate, committee member of CED (Centre for Entrepreneurial Development) of ALEAP which is involved in skill development. She

is also a committee member of “Hyderabad Management Association” (HMA).

In this session, the vision and mission of ALEAP was discussed. ALEAP provides institutional and transparent mechanism of action with many innovative ideas to help women who are in need of information to start-ups and support in establishing their own business. Ms. Kavitha also highlighted the flagship program of ALEAP which helps to convert ideas into business. The program provides entrepreneurship training, assist in infrastructure development, provides access to finance without collateral security. It also connects the manufacturer to the consumer, provides innovative manufacturing incubation for startups, connects to online portal (ALEIZONE) and provide platform to exhibit the products.

Her presentation also gave an insight on the activities of ALEAP, the focus areas of start-ups, achievements of ALEAP and the supporting organizations associated with ALEAP. Ms. Kavitha interacted with the students, explained them with examples how an idea can be shaped into a startup and transform it into an enterprise, which was received with a lot of enthusiasm from the students.

She also distributed discount coupons of ALEIZONE to students to encourage their participation and involvement in Start-ups. The session concluded by presenting a certificate of appreciation to the speaker.

Date: 9th July 2019

Session – I: Income Generation through Life Skills by Mr. Brijbhushan



The session discussed about the topic 'Income generation through life skills – Yoga' by Mr. Brij Bhushan Purohit. The speaker is an experienced

Yogacharya, practicing yoga for about 30 years and is specialized in treatment of various chronic ailments through yoga.

Sir has directed students in taking up yoga in the first hand for self-benefit, secondly for the sake of family benefits and finally practicing and learning yoga as an academic course can as well help them in income generation through teaching as yogic science is growing industry in recent years. According to Mr. Brij bushan, practicing of yoga as a student will have holistic approach which enables to excel in studies by increasing memory thereby confidence and hence get success. Also, practicing yoga in day to day life will certainly give sound health, reduce medical expenses as health is a byproduct of yogic practices and relieves one from psychosomatic disorders. In the end, yoga is being offered to students at school education level, universities, as a sport, medical and technological institutions. One who is certified in yoga can have carrier as it has a multifaceted dimension and is a prospered industry in changing times

Session – II: Departmental Orientation by Heads of the Departments

The second session was the departmental orientation to the students by all the Heads of the Departments of the college. Student Induction Program was



definitely a unique platform where all the Heads of the Departments gathered together to address the freshers. The session began with the Language departments giving a brief profile of their departments and highlighting their unique features.

Life Science and Physical Science Departments next expressed the exclusiveness of their respective departments in availability of infrastructural facilities, laboratory, high quality books, approachable faculty, etc. Lastly, the teachers of B. A. and B. Com. departments addressed the students by motivating them and giving assurance of full cooperation.

Session – III: by Library and e-learning resources by Dr. A. S. Chakravarthy

Dr. A. S. Chakravarthy, OU is specialized in the areas of Library Automation, Digitization, DSpace, E-resources, Information Retrieval, Search



Strategies, etc. Sir has 29 years of University Library experience and 13 years of teaching. Sir has been instrumental in launching Shodhganga Project and e-Shodhsindhu at OU. Sir is also Incharge of Plagiarism checking at OU. Sir published 56 articles and attended about 60 seminars across India and abroad.

Sir discussed about the digital libraries which have the potential to offer unprecedented resources for supporting e-learning. Sir explained how e-learning is supported by the library environment, the functionality of the digital library and are included and organized in the digital library. The session provided a useful insight into the role and influence of digital libraries and online resources on e-learning, which the students were not aware of. E-learning has revolutionized the concept of conventional classroom teaching into digital learning and having the access to it at the finger tips, is making the learning more easy, simple and better. Sir also gave information about the

various sources available on the internet which can serve this purpose and be helpful to the student community.

SESSION – IV: College Tour by NSS students

In the last session, NSS volunteers have assisted the first year students to take around the University College for Women. A team of 15 students were taken care by one NSS volunteer. It was a great coordination observed between the volunteers and the enthusiastic first year students to view prominent places in the College. The students were given a quick look of the silent zone where they enjoyed the beauty of the iconic Durbar Hall, expansive Library, sports rooms, all the departments and the laboratories, computer facility room, Administrative office, hostels, etc. Overall, the college tour of the students by the team of NSS volunteers was an enjoyable and informative ride.

Date: 10th July 2019

SESSION – I: Conservation of Resources by Dr. Raj Kumar, Department of Botany

Dr. Rajkumar, Speaker of the last day of Student Induction Program highlighted about the management of the natural resources, which are non-renewable like



as minerals, oil, gas, and coal, or renewable, such as water, timber, fisheries, agricultural crops etc. Conservation of resources includes both saving and rational usage of the resources. The growing population and consumption of the resources at the alarming rate are some of the dangers that tomorrow's



generations are going to face. Sir urged the students to play a proactive role in saving the natural resources according to their might. It can start from home as well such as saving water, stopping the unnecessary usage of electricity when not needed, etc.

SESSION – II: Go Green Revolution by Dr. M. Dorcas, Dept. of Botany

College has taken an initiative to plant by engaging the students for the “*Go Green*” Programme. This Programme enables the students to



recognize the importance of tree plantation and contribute their best for the same cause. Practical experience has great impact compare to the theoretical knowledge. In this aspect students are given a sapling to generate interest and encourage them to make an effort to enhance and preserve the biodiversity which is changed by human intervention. By planting the trees, the sufferings of entire humanity changes and create the responsibility towards the nature.

VALEDICTORY FUNCTION

The Valedictory function began in the afternoon session with a brief report by Dr. Aliya Begum, Student Induction Program Coordinator and announced that about 550 students have participated in the SIP program this year. Altogether about 21 sessions were held on large variety of topics like Integral personality through fitness, leadership qualities and teamwork, Yoga and science, Career orientation, life skills, goal setting and time management, gender bias and sensitization, etc. Next, the messages by the Principal Prof A. Roja Rani, Vice Principal P. Saritha Reddy and Vice Principal (Hostels) Dr. K. Shailaja have congratulated the SIP Coordinator, the faculty of UCW and the active participation by first year students, for the grand success of the program. The program ended with the Vote of thanks. Ceritificates were distributed by the Registration Committee to all the students who participated in Student Induction Program.





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