

**UNIVERSITY COLLEGE FOR WOMEN, Koti, Hyderabad**  
**STUDENT INDUCTION PROGRAM – 2020**

**21<sup>st</sup> December 2020 – 23<sup>rd</sup> December 2020**  
**(Online program conducted for Undergraduate first year students)**

**REPORT**

**Day – 1      21<sup>st</sup> December 2020**

**MC – Dr. K. S. N. Jyothi, I/c Head, Department of Genetics, UCW**

10.00 AM – 11.00 AM      :      **INAUGURAL SESSION**

The program began with the Welcome address by **Dr. K. S. N. Jyothi**, I/c Head, Department of Genetics, UCW. Then, Principal **Prof. A. Roja Rani** Madam and Vice-Principal **Dr. M. Kavitha** Madam addressed the newly enrolled students by congratulated them for getting admission into the one of the best College of the Telangana State, assured them of all the assistance and encouragement for their 3 year course associated with the College and wished them Good Luck for the course and their future endeavors. Chief Guest **Prof. R. Limbadri**, Vice-Chairman, TSCHE, Hyderabad of the SIP 2020 program also addressed the gathering and encouraged the students to take up challenges in their career with confidence and courage. Chief Guest address was followed by the address by Controller of Examinations, UCW, Academic Coordinators, UCW, DOST Coordinator, UCW, IQAC Coordinator, UCW, Coordinator, CP&AS and Infrastructure, UCW, UGC Coordinator, UCW and Public Relations Officer, UCW. In the end, formal Vote of Thanks was proposed.

11.00 AM – 12.00 PM      Session -I

Session Incharge: **Dr. Shruti Kabra**, Department of Food & Nutrition, UCW

Speaker: **Dr. R. Lakshmi Narayana**, Assistant Professor, Department of Yoga Vignana National Sanskrit University, Tirupathi, Andhra Pradesh.

Topic: **YOGA FOR PERSONALITY DEVELOPMENT**

The first session of the online Student Induction Program (SIP) – 2020 was on ‘**Yoga for Personality Development**’. The speaker for this session was **Dr. R. Laxmi Narayana**, who is currently an Assistant Professor at the Department of Yoga Vijnana, National Sanskrit University, Tirupati. In this session, purpose and scope of Yoga was discussed and Sir highlighted yoga practices for all age groups and covered the concepts of Panchakosha. He gave an excellent presentation on the way yogic practices can alter personality which included the physical concepts like Aasana, Aahara and Shatkriyas, mental concepts like prana kumbakhas, and finally spiritual asanas which included devotional and meditation concepts. His talk emphasized yoga for women and how it can improve one’s personality and lead to a health society. The session gave an insight on the fundamental pillars of life i.e., health, yoga and personality.

12.00 PM – 1.00 PM                      Session - II

Session Incharge: **Mrs. T. S. Savita Chary**, Department of IT, UCW

Speaker: **Mr. Ganesh Balakrishnan**, Motivational Speaker

Topic: **MOTIVATION**

**Mr. Ganesh Balakrishnan** has addressed the students about the importance of Motivation, types of motivation, importance of time and gave the insight of motivation by giving examples of well-known personalities viz., Dr. A. P. J. Abdul Kalam, Abraham Lincoln. He underlined how these famous personalities made their way to achieve success in life. The following are the key points given by Sir for students:

- How to develop their own ideas for homework assignments related to what is being studied in class
- How to publicly share their different thinking processes behind solving the same problem or a similar one.
- How to be positive and encourage a growth mindset.

### **Day – 2 22<sup>nd</sup> December 2020**

**MC – Dr. Rupasree, Department of Genetics, UCW**

10.00 AM – 11.30 AM                      :                      Induction Session – I

In the Induction Session – I, the following messages were delivered:

- **Message by Heads of the Departments, UCW**

The Heads of 29 Departments of UCW categorized under 5 faculties (Arts, Social Science, Commerce, Science and Management) were introduced to the First Year Students. The respective Heads of the Departments addressed the students and welcomed them to the courses offered at UCW. The students were also briefed about the curriculum, activities and the course syllabus by the HODs of different departments.

- **Message by Librarian, UCW**

**Smt. P. Padmaja Kumari**, the Librarian of UCW, addressed the students and gave a brief introduction about the vast collection of books and the accessibility of the library. She assured the students to help them in using the library resources to the best of their capacities.

- **Message by Placement Coordinator, UCW**

The students were introduced to the Placement Coordinator **Dr. V. Shashikala** who gave them an overview about the activities of the training and placement cell of UCW and its members. She motivated the students to register with the TPC-UCW which creates bridge between the education and the job prospects for the passing out batches.

11.30 AM – 12.30 PM

Session - III

Session Incharge: **Dr. G. Vijaya Lakshmi**, Department of Chemistry, UCW

Speaker: **Dr. Smitha Asthana**, Dean of Academics and Coordinator, IQAC, St. Ann's College, Mehandipatnam.

Topic: **ACADEMIC GOALS**

**Dr. Smitha Asthana** spoke about the qualities of a winner being self-esteem, Education and communication. The essential things of goal setting are that the goals should be specific, measurable, attainable, relevant and time-bound. The strategies to be adopted for goal setting are: to define one's dream, set long term goals, break them into small achievable goals, create a detailed plan of action and finally to manage and review the goals from time to time. Further, she added that one should dream, plan and act on goals which are to be written down on paper, emulate someone who inspired us and celebrate the goals always after setting milestones and their achievement.

The reasons such as lack of focus, time frame, milestones, measurements, not defining reasons or foreseeing obstacles, not involving, etc can lead to one's failures. Madam has suggested a strategic plan of action which the students should work on their three year course time while focussing on various aspects such as research, motivation, involving in various curricular and co-curricular activities, academic networking, internship, developing life skills and interpersonal relationships, etc while focussing on one's interests and hobbies can lead to holistic development of a person. Madam also focussed on the impact of the social media and how it should be used in a proper and positive way for building one's success stories. She also suggested her own three laws of motivation to better the chances of success.

12.30 AM – 1.30 PM

Session - IV

Session Incharge: **Dr. Aruna Pariti**, Department of History, UCW

Speaker: **Mr. Pradeep**, Film Personality and Motivational Speaker

Topic: **TIME MANAGEMENT AND GOAL SETTING**

The motivational lecture by Sri. K. V. Pradeep, an eminent film actor, anchor, writer and Motivational speaker delivered an inspiring talk on the topic "Time Management and Goal Setting" which are very important for the students. In his talk, Mr. Pradeep had emphasized on having a good character embedded with values. He further highlighted the importance of Time Management and suggested to identify the prime time and utilize more effectively every second of the 24 Hours a day by prioritizing the works / targets. He suggested also the 12 steps for effective and successful time management viz., long term vision, scheduling, delegation, effective communication, etc. He also stressed on goal setting which is very crucial for success in life.

## Day – 3      23<sup>rd</sup> December 2020

10.0 M – 11.00 AM :      Induction Session – II

- **Message by NCC Coordinator, UCW**

The NCC of the college is more than 40 years old. The college houses one company of 200 cadets attached to the Army Wing. The N.C.C training inculcates discipline, leadership, punctuality and obedience as cardinal virtues in its cadets under the guidance of **Lt. Dr. V. Deepika Rao** who is Head, Department of Physical Education, UCW and NCC Coordinator, UCW. In the Program, few NCC cadets have shared their experiences on the motto of NCC, celebrations of various significant days in the college as Independence Day, Republic Day, etc, learning virtues like Unity and Discipline, life skills viz., communication skill, leadership skills, decision making skills, etc., participation in many rallies, schemes like BetiBachaoBetiPadao, Swatch Bharath etc., several Fitness activities like Fit India Campaign, Fit India Freedom Run, etc.

- **Message by Head, Department of Physical Education, UCW**

Dr.V.Deepika Rao had welcomed the new comers by teaching them the importance of physical fitness. She added that physical fitness is equally crucial as any other aspect of life. Students with interests in sports were welcomed to join so that training can be provided to make them masters of the sport.

“Seize the moment because some opportunities don’t come twice.”

- **Message by NSS Coordinator, UCW**

UCW have an effervescent NSS Cell which was established with a rudimentary objective of providing dais for the interested students to participate in social work.

**Mrs. Dorcas**, NSS Coordinator spoke about NSS Units in the college and its sphere of activities. She encouraged the newly joined students to join NSS and highlighted about the former students and present senior students have achieved many heights through their dedication, selfless behaviour and motivation to help others. NSS has 3 units containing 100 students per unit. The three Units i.e., Unit-I, Unit-II and Unit-III are headed by **Mr. Yadaiah** Sir, Mrs Dorcas madam and Principal Prof. A. Roja Rani Madam. The objective of NSS is to raise social consequence and provide them with the opportunities to make oneself closer to the society.

Ms. J. Sneha Bhushana, NSS third Year volunteer spoke about NSS with help of a presentation. She explained about the wide range of activities covered under NSS and credited that students would be getting several opportunities at the National Camps, State Level Camps and College Level Events.

- **Message by Student Advisors, UCW**

The student Advisors of the College shared the information about the various Clubs available in the College, the extensive activities taken through the Clubs, enrolment process and other details with the Freshers. The present Student Advisors of the College are:

- |                        |                                |
|------------------------|--------------------------------|
| 1. Dr. K. S. N. Jyothi | Department of Genetics         |
| 2. Dr. Rupasri         | Department of Genetics         |
| 3. Mrs. Sangeetha      | Department of English          |
| 4. Mrs. T. S. Savita   | Department of IT               |
| 5. Mrs. Shruti Kabra   | Department of Food & Nutrition |
| 6. Mrs. Srilakshmi     | Department of Commerce         |
| 7. Dr. Deepti          | Department of Psychology       |

11.00 AM – 12.00 PM

Session - V

Session Incharge: **Dr. Sabiha Shareef**, Department of Commerce, UCW.

Speaker: **Ms. K. Naga Ankitha**, Nutrition Advisor

**Topic: WOMEN'S HEALTH TALK**

**Ms. K. Naga Ankitha** madam who is a Menstrual Health and Rehab Practitioner gave valuable inputs to the young students on the topic, "Women's Health Talk" on the last day of SIP 2020. She addressed the intimate problems of young girls and explained in detail about Pelvic Floor, Menstrual Cycle, Hormone and Uterus Synchronisation, PCOD/PCOS, Menopause, Fibroids and other important aspects related to Women Health. She touched upon the common health issues among young women and explained the causes for period pains and other health problems. She suggested that good and balanced diet, stress management techniques like Yoga and exercise can help young girls to overcome such problems. Formal Vote of Thanks was proposed by the Session Coordinator **Dr. Sabiha Shareef**. It was really a very useful and informative talk for which the young girls thanked her and appreciated the organizers for their sincere, well designed and fruitful efforts to strengthen and encourage the young minds to face the challenges of life both mentally and physically.

12.00 PM – 1.00 PM

Session - VI

Session Incharge: **Mrs. Srilakshmi**, Department of Commerce, UCW

Speaker: **Mrs. Jyothi Chabria**, Nutritionist and Dietician

**Topic: NUTRITION AND FITNESS FOR YOUNG WOMEN**

The speaker of the last session on third day of SIP was **Mrs. Jyothi Chhabria** who is currently the Managing Director of Jyothi Wellness Private Limited and a Member of Advisory Board of Nutrition and Natural Health Sciences Association. In this session, the need and importance of good diet and fitness and the problems of young women were discussed at length. She has explained the reasons for many health problems such as PCOD, mood swings, hair loss, weight gain, hormonal imbalances, etc. and she has also explained the impact of not taking good diet, good sleep and not spending time for exercises. She has given several suggestions for overcoming many of these health issues by taking healthy diet and regular exercises to get rid of these issues in younger women.

1.00 PM – 1.30 PM :

**VALEDICTORY SESSION**

In the Valedictory Session, as we come to the end of the Student Induction Program SIP 2020,

Principal **Prof. A. Roja Rani Madam** and Vice-Principal **Dr. M. Kavitha Madam** have appreciated all the Coordinators, Heads of the various departments, Student Advisors, all the faculty for their collective efforts for the conduct of the SIP program and giving the complete information to the newly admitted First Year Students about the various facets of the college. Chief Guest of the Valedictory Session **Prof. Ch. Venkata Ramana**, Vice-Chairman, TSCHE, Hyderabad highly motivated the students with his inspiring words. Many First year students have shown keen interest to express their feedback and given their valuable feedback regarding the college and SIP Program. The Session ended with the formal Vote of thanks by the Convener of the program **Dr. G. Vijaya Lakshmi**, Department of Chemistry, UCW.

# PHOTOS

