



# THE COCHIN COLLEGE

Koovapadam, Kochi-2

Affiliated To Mahatma Gandhi University

Re-accredited by NAAC With B+ Grade



Fourth Cycle  
NAAC Accreditation 2024

## Criterion 1 Curricular Aspects

### 1.1 - Curricular Planning and Implementation

Metric No. 1.1.1

The Institution ensures effective curriculum planning and delivery through a well-planned and documented process including Academic calendar and conduct of continuous internal Assessment.

Deeksharambh - INIZIO

Submitted to



National Assessment and Accreditation Council



# THE COCHIN COLLEGE

KOCHI - 682 002

(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

## Deeksharambh - Student Induction Programme - INIZIO

Deeksharambh - Student Induction Programme at The Cochin College INIZIO Deeksharambh – the Student Induction Programme at The Cochin College, is a pivotal initiative aimed at helping new students transition smoothly into the vibrant academic and social environment of our esteemed institution. This programme is designed to introduce students to the rich heritage, culture, and values that define The Cochin College, while equipping them with the essential knowledge and skills required for their all-around development.

The induction programme at The Cochin College engages students through a series of thoughtfully curated activities that promote self-awareness, emotional well-being, and academic readiness. These activities include interactive sessions with faculty members, peer group discussions, workshops on essential skills such as time management, and an introduction to the college's extensive resources and support systems. By addressing the academic, emotional, and social dimensions of student life, Deeksharambh ensures that our students are well-prepared to embark on their educational journey with confidence and enthusiasm.

In addition to academic orientation, the programme places a strong emphasis on the importance of ethical values, interpersonal relationships, and community service. Through these experiences, students are encouraged to develop a sense of responsibility towards themselves, their peers, and the broader society, in alignment with the values upheld by The Cochin College.

Deeksharambh at The Cochin College is more than just an orientation—it is the beginning of a transformative journey. It is designed to nurture well-rounded individuals who are prepared to excel academically, grow personally, and contribute meaningfully to society. This programme embodies our college's commitment to fostering a supportive and inclusive environment where every student can thrive and achieve their full potential.





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**Program Report**  
(1 June 2023- 31 May 2024)

**INIZIO-2023**

*Student Induction programme as per 'Deeksharambh' guidelines of UGC*  
**09 Oct 2023 - 13 Oct 2023**

SI No		
1	<b>Name of the Program</b>	INIZIO-2023 Student Induction programme as per 'Deeksharambh' guidelines of UGC
2	<b>Online/Offline</b>	Online
3	<b>Date</b>	09 Oct 2023 – 13 Oct 2023 (5 days- details attached)
4	<b>Time</b>	9.30 am -4 pm
5	<b>Organised by</b>	Student Support Cell and IAQC
6	<b>Resource person/persons</b>	Attached
7	<b>Coordinator/convenor</b>	Dr Manju V Subramanian
8	<b>Organising Committee</b>	Dr Sindhu K Renjith S Sainaba Dr Haripriya Dr Lakshmisree Ms Jeffy Thomas Ms Arya Soman Ms Shushumna Ms Veena Nair Ms Aiswarya KR Dr Ums S Dr Smitha N R Ms Rohini Ms Vidya Mahesh Ms Anisha Antony V A
9	Financial Assistance	Nil
10	No of students participated	400-500






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11	No of Faculty Participated	50
12	Public Participation (if any)	NIL
13	Detailed Report	Attached
14	Paste a clear screenshot (image) of the brochure. Date, title etc should be legible  One image in one row, if more than one image add rows below and paste	Attached
15	Paste list of participants (image)- one image in one row, if more than one image add rows below and paste	Attached
16	Paste relevant photos of the program (if online, photo with date)- one image in one row, if more than one image add rows below and paste	Attached
17	Online links if any	<p>Scan me</p>  <p>OR Click the link</p> <p><a href="#">The Cochin College: INIZIO 2023</a></p>

## INIZIO 2023

*Student Induction programme as per 'Deeksharambh' guidelines of UGC*

**09 Oct 2023 - 13 Oct 2023**

University Grant Commission (UGC) has developed 'Deeksharambh - A guide to Student Induction Programme'. This program intends to help students to acclimatize the new college environment, develop sensitivity towards various issues of social relevance, and imbibe human values in them to become responsible citizens of India. This year, Deeksharambh, Student Induction Programme- **INIZIO 2023** was conducted from 9th -13th October 2023, completely offline mode for the first year UG students of all streams. The sole purpose of this programme is to help new students adjust and feel comfortable in the new





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environment, inculcate in them the ethos and culture of the institution, help them build bonds with other students and faculty members, and expose them to a sense of larger purpose and self-exploration. The Student Induction Programme engages with the new students as soon as they come into the institution; before regular classes start. At the start of the induction, the incumbents learn about the institutional policies, processes, practices, culture and values, and their mentor groups are formed.

INIZIO 2023, jointly organised by IQAC and Student Support Cell of the college commenced on 9th October by welcoming the gathering by Dr. Manju V. Subramanian, INIZIO 2023 Co ordinator. She welcomed students and stressed upon the SAGE approach in developing ideal student values and development of good characteristics.

### **Induction Program-Important Guidelines**

- 1. New students are informed that the Induction is a mandatory non-credit course for which a certificate will be issued by the institution.*
- 2. Each Department should collect feedbacks from students at the end of each day of the Induction Program- Google form*
- 3. All departments should maintain the online attendance for all days of the induction Program*

**Venue:** Various Locations within The Cochin College Campus

**Time:** 9:30 AM - 3:30 PM

The program was preceded by the Principal of the college Prof. Dr. M Geetha and was felicitated by the Vice Principals, Dr. Sindhu K and Dr Reshimon PR. The program was addressed by Smt Mrudula Menon V, PTA Secretary. First Day of INIZIO 2023 started with an activity based session on topics- *College Education towards Responsible Citizenship, Codes of Classroom Conduct and Teamwork towards Classroom Goals*. The session was handled by Mr. Sooraj Abraham, Executive Coach, SparX Life Skills Unlimited & Social Entrepreneur and founder, plan@earth with the support of his team members Mujeeb Mohammad, Rasheed Ashraf & Liyas Kareem, Executive Trainers.

### **DAY 1: Inauguration**

**Time:** 9:30 AM - 10:00 AM

**Location:** Seminar Hall

- **Welcome Address:** Dr. Manju V Subramanian, INIZIO Coordinator
- **Inauguration:** Dr. M Geetha, Principal
- **Felicitations:**
  - Dr. Sindhu K, IQAC Coordinator
  - Smt. Mrudula Menon, PTA Secretary
  - Dr. Reshimon PR, Vice Principal





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- **Vote of Thanks**

### Morning Sessions: 10:00 AM - 12:30 PM

- Batch: I BSc Zoology & I BSc Chemistry**
  - **Location:** Seminar Hall
  - **Resource Persons:**
    - Mr. Sooraj Abraham
    - Rasheed Ashraf (Senior Executive Trainers, SparX Lifeskills)
  - **Teacher in Charge:** Dr. Smitha NR, Smt. Veena R Nair
- Batch: I BA English & I BSc Botany**
  - **Location:**
    - I BA English Classroom (Room No: 41)
    - I BSc Botany Classroom (Room No: 1)
  - **Activities:**
    - Clubs Introduction by Coordinators (ED Club, Film Club, Cultural Club, Media Club, Financial Literacy Club, Tourism Club, Anti-Narcotics Club)
  - **Teacher in Charge:** Smt. Reethi P, Smt. Vidhya/Smt. Sainaba
- Batch: I BSc Botany & I BA English**
  - **Location:**
    - I BSc Botany Classroom (Room No: 1)
    - I BA English Classroom (Room No: 41)
  - **Activities:**
    - Clubs Introduction (NSS, Nature Club, WGC, Bhoomitra Sena Club, IIC, Science & Quiz Club, Debating Literary and Dramatic Club)
  - **Teacher in Charge:** Smt. Vidhya/Smt. Sainaba, Smt. Reethi P

### Afternoon Sessions: 1:30 PM - 3:30 PM

- Batch: I BA English & I BSc Botany**
  - **Location:** Seminar Hall
  - **Resource Persons:**
    - Mr. Sooraj Abraham
    - Rasheed Ashraf (Senior Executive Trainer, SparX Lifeskills)
  - **Teacher in Charge:** Smt. Shushupna SS, Smt. Vidhya/Smt. Sainaba
- Batch: I BSc Zoology & I BSc Chemistry**
  - **Location:** Zoology Lab
  - **Activities:**
    - Clubs Introduction (NSS, Nature Club, WGC, Bhoomitra Sena Club, IIC, Science & Quiz Club, Debating Literary and Dramatic Club)
    - Clubs Introduction by Coordinators (ED Club, Film Club, Cultural Club, Media Club, Financial Literacy Club, Tourism Club, Anti-Narcotics Club)







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- **Teacher in Charge:** Dr. Smitha NR, Smt. Veena R Nair

## Morning session-Curriculum Orientation: 9:30 AM - 11:00 AM

1. **Batch: I BA Economics & I BCom Marketing**
  - **Location:**
    - I BA Economics Classroom (Room No: 46)
    - I BCom Marketing Classroom (Room No: 14)
  - **Orientation by:**
    - Dr. Rekha PG (Economics)
    - Smt. Neena Simon (Marketing)
  - **Teacher in Charge:** Shri Renjith S, Dr. Lakshmisree R
2. **Batch: I BCom Tax & I BSc Physics**
  - **Location:**
    - I BCom Tax Classroom (Room No: 15)
    - I BSc Physics Classroom (Room No: 29)
  - **Orientation by:**
    - Dr. Smitha NR (Tax)
    - Dr. Reshimon PR (Physics)
  - **Teacher in Charge:** Dr. HariPriya, Dr. Uma S

## Morning session: 11:15 AM - 12:30 PM

1. **Batch: I BCom Tax & I BSc Physics**
  - **Location:** Chemistry Lab
  - **Activities:**
    - Clubs Introduction (NSS, Nature Club, WGC, Bhoomitra Sena Club, IIC, Science & Quiz Club, Debating Literary and Dramatic Club)
  - **Teacher in Charge:** Dr. HariPriya BB, Dr. Uma S
2. **Batch: I BA Economics & I BCom Marketing**
  - **Location:** Chemistry Lab
  - **Activities:**
    - Clubs Introduction (ED Club, Film Club, Cultural Club, Media Club, Financial Literacy Club, Tourism Club, Anti-Narcotics Club)
  - **Teacher in Charge:** Shri Renjith S, Dr. Lakshmisree R

## Self-Financing Programs:

### Morning session-9:30 AM - 12:30 PM

1. **Batch: I BSc Maths, I BCom Tax, I BCA**
  - **Location:** Auditorium
  - **Resource Persons:**
    - Mr. Mujeeb Mohammad
    - Mr. Liyas Kareem (Executive Trainers, SparX Lifeskills)





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- **Teacher in Charge:** Smt. Aishwarya K, Smt. Rohini P.K, Smt. Anisha Antony V A

2. **Batch: I BBA & I BCom CA**

- **Location:**
  - I BBA Classroom (SF Room No: 47)
  - I BCom CA Classroom (SF Room No: 41)
- **Orientation by:**
  - Smt. Mrudula Menon V (BBA)
  - Dr. Manjusha M V (CA)
- **Teacher in Charge:** Smt. Jeffy Thomas, Smt. Arya Soman

**11:15 AM - 12:30 PM**

1. **Batch: I BBA & I BCom CA**

- **Location:**
  - I BBA Classroom (SF Room No: 47)
  - I BCom CA Classroom (SF Room No: 41)
- **Activities:**
  - Assignment I
- **Teacher in Charge:** Smt. Jeffy Thomas, Smt. Arya Soman

**Afternoon session: 1:30 PM - 3:30 PM**

1. **Batch: I BBA & I BCom CA**

- **Location:** Auditorium
- **Resource Persons:**
  - Mr. Mujeeb Mohammad
  - Mr. Liyas Kareem (Executive Trainers, SparX Lifeskills)
- **Teacher in Charge:** Smt. Jeffy Thomas, Smt. Arya Soman

2. **Batch: I BSc Maths, I BCom Tax, I BCA**

- **Location:**
  - I BSc Maths Classroom (SF Room No: 32)
  - I BCom Tax SF (SF Room No: 42)
  - I BCA Classroom (SF Room No: 31)
- **Orientation by:**
  - Dr. Reshimon P R (Maths)
  - Dr. Sindhu K (Tax)
  - Dr. Unniraja P S (BCA)
- **Teacher in Charge:** Smt. Aishwarya K, Smt. Rohini P.K, Smt. Anisha Antony V A

**2:35 PM - 3:30 PM**

1. **Batch: I BSc Maths, I BCom Tax, I BCA**

- **Location:**







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- I BSc Maths Classroom (SF Room No: 32)
- I BCom Tax SF (SF Room No: 42)
- I BCA Classroom (SF Room No: 31)
- **Activities:**
  - Assignment I-(*upload in the google form provided*)

*Write 1-2 pages on a person you know who has influenced you a lot. You should have sufficiently interacted with that person. It may be a core family member / extended family member / teacher / neighbour (one may be encouraged to write about two persons, one from family and the other from the extended circle). Language - English /Malayalam*

**Teacher in Charge:** Smt. Aishwarya K, Smt. Rohini P.K, Smt. Anisha Antony V A

## DAY 2

### Morning Sessions: 9:30 AM - 12:30 PM

#### 1. Batch: I BA Economics & I BCom Marketing

- **Location:** Seminar Hall
- **Resource Persons:**
  - Mr. Sooraj Abraham
  - Rasheed Ashraf (Senior Executive Trainers, SparX Lifeskills)
- **Teacher in Charge:** Shri Renjith S, Dr. Lakshmisree R

### 9:30 AM - 11:00 AM

#### 2. Batch: I BCom Tax & I BSc Physics

- **Location:**
  - I BCom Tax Classroom (Room No: 15)
  - I BSc Physics Classroom (Room No: 29)
- **Activity:** Assignment 2 *Prepare Power-point slides on a topic: (environmental issue) Feedback of day 1*
- **Teacher in Charge:** Dr. Haripriya, Dr. Uma S

#### 3. Batch: I BSc Zoology & I BSc Chemistry

- **Location:**
  - I BSc Zoology Classroom (Room No: 66)
  - I BSc Chemistry Classroom (Room No: 25)
- **Activity:** Curriculum Orientation
  - Dr. Sindhu K (Zoology)
  - Dr. Soney Bhageeradhan (Chemistry)
- **Teacher in Charge:** Dr. Smitha NR, Smt. Veena R Nair

#### 4. Batch: I BA English & I BSc Botany

- **Location:**





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- I BA English Classroom (Room No: 41)
- I BSc Botany Classroom (Room No: 1)
- Activity: *Prepare Power-point slides on a topic: (environmental issue) Feedback of day 1*
- Teacher in Charge: Smt. Shushupna SS, Smt. Reethi, Smt. Vidhya, Smt. Sainaba

## 11:15 AM - 12:30 PM

5. Batch: I BA English & I BSc Botany
  - Location:
    - I BA English Classroom (Room No: 41)
    - I BSc Botany Classroom (Room No: 1)
  - Activity: Curriculum Orientation
    - Dr. Jayesh Kuriakose (English)
    - Smt. Prabha C S (Botany)
  - Teacher in Charge: Smt. Shushupna SS, Smt. Reethi, Smt. Vidhya, Smt. Sainaba
6. Batch: I BSc Chemistry & I BSc Zoology
  - Location:
    - I BSc Chemistry Classroom (Room No: 25)
    - I BSc Zoology Classroom (Room No: 66)
  - Activity: Assignment I
  - Teacher in Charge: Smt. Veena R Nair, Dr. Smitha NR

## Afternoon Sessions: 1:30 PM - 3:30 PM

1. Batch: I BCom Tax & I BSc Physics
  - Location: Seminar Hall
  - Resource Persons:
    - Mr. Sooraj Abraham
    - Rasheed Ashraf (Senior Executive Trainers, SparX Lifeskills)
  - Teacher in Charge: Dr. Haripriya, Dr. Uma S
2. Batch: I BA Economics & I BCom Marketing
  - Location:
    - I BA Economics Classroom (Room No: 46)
    - I BCom Marketing Classroom (Room No: 14)
  - Activity: Assignment 2
  - Teacher in Charge: Shri Renjith S, Dr. Lakshmisree R

## 1:30 PM - 2:30 PM

3. Batch: I BA English & I BSc Botany
  - Location: I BSc Zoology Classroom (Room No: 66)





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- **Activity:** Awareness and distribution of 'M' Cups
  - **Speaker:** Dr. Manju V Subramanian, Assistant Professor, Dept of Zoology
- **Teacher in Charge:** Smt. Shushupna SS, Smt. Reethi, Smt. Vidhya, Smt. Sainaba
- 4. **Batch: I BSc Zoology & I BSc Chemistry**
  - **Location:** Zoology Lab
  - **Activity:** Digital Solutions
    - **Speaker:** Dr. Vineeth Kumar TV, Assistant Professor, Dept of Zoology
  - **Teacher in Charge:** Dr. Smitha NR, Smt. Veena R Nair

2:35 PM - 3:30 PM

- 5. **Batch: I BSc Zoology & I BSc Chemistry**
  - **Location:** I BSc Zoology Classroom (Room No: 66)
  - **Activity:** Awareness and distribution of 'M' Cups
    - **Speaker:** Dr. Manju V Subramanian, Assistant Professor, Dept of Zoology
  - **Teacher in Charge:** Dr. Smitha NR, Smt. Veena R Nair
- 6. **Batch: I BA English & I BSc Botany**
  - **Location:** Zoology Lab
  - **Activity:** Digital Solutions
    - **Speaker:** Dr. Vineeth Kumar TV, Assistant Professor, Dept of Zoology
  - **Teacher in Charge:** Smt. Shushupna SS, Smt. Reethi, Smt. Vidhya, Smt. Sainaba

Self-Financing Programs: 9:30 AM - 12:30 PM

- 1. **Batch: I BCom Tax, I BCA, I BBA, I BSc Maths, I BCom CA**
  - **Location:** Auditorium
  - **Activity:** An Introduction to SWAYAM Courses
    - **Speaker:** Ms. Jeena Jayan, College Librarian, The Cochin College
  - **Teacher in Charge:** Smt. Aiswarya KR, Smt. Rohini P.K, Smt. Anisha Antony V A, Smt. Jeffy Thomas, Smt. Arya Soman

1:30 PM - 3:00 PM

- 2. **Batch: I BCom Tax, I BCA, I BBA, I BSc Maths, I BCom CA**
  - **Location:**
    - SF Room 34
    - SF Room 38
    - SF Room 47
  - **Activity:** Clubs Introduction by Coordinators





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- NSS, WGC, IIC, Science & Quiz Club, Debating Literary and Dramatic Club, Film Club, Cultural Club, Media Club, Financial Literacy Club, Tourism Club, Anti-Narcotics Club
- **Teacher in Charge:** Smt. Aiswarya KR, Smt. Rohini P.K, Smt. Anisha Antony V A, Smt. Jeffy Thomas, Smt. Arya Soman

## Day 3 Theme: Department Day

**Date:** October 11, 2023 (Wednesday)

**Venue:** Respective First Year Classrooms

### Schedule and Activities

#### 9:30 AM - 10:30 AM: Academic Orientation by HOD

- **Activity:** Discussion of syllabus, Program Outcome, Program Specific Outcomes, etc.
- **Purpose:** To provide students with an understanding of the academic framework and expectations of their respective courses.
- **Conducted by:** Heads of Departments (HODs)

#### 10:35 AM - 11:30 AM: Mentor-Mentee Interaction by Class Teacher

- **Activity:** Interaction session between students and their class teachers.
- **Purpose:** To establish a support system and foster a mentoring relationship between teachers and students.
- **Conducted by:** Class Teachers

#### 11:30 AM - 12:30 PM: Assignment 2

- **Activity:** Students are required to write a page about any topic related to their subject.
- **Purpose:** To engage students in reflective thinking and enhance their understanding of the subject matter.

### Afternoon Sessions

#### 1:30 PM - 2:30 PM: Alumni Interaction

- **Activity:** Experience sharing by alumni or senior students.
- **Purpose:** To provide insights and inspiration to new students through the experiences of their seniors.
- **Participants:** Alumni and senior students

#### 2:35 PM - 3:30 PM: Career Orientation

- **Activity:** Discussion on career options in the subject and important institutions related to the subject.





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- **Purpose:** To guide students in understanding the career opportunities available in their field of study and the pathways to achieving their career goals.
- **Conducted by:** Subject Experts and Faculty Members

#### Report Submission:

- **Task:** First-year class teachers are required to submit a detailed report on the Department Day activities of Day 3.
- **Submission:** Upload the typed report in the Google form provided.

#### Day 4 Theme: Campus Fitness and Well-being

**Date:** October 12, 2023 (Thursday)

**Venue:** Various Locations within The Cochin College Campus

#### Schedule and Activities

##### Morning Sessions: 9:30 AM - 10:00 AM

1. **Batch: I BA Economics, I BCom Marketing, I BCom Tax, I BSc Botany**
  - **Location:** Seminar Hall
  - **Resource Person:** Shri Amerzlin Louis (Physical Education Teacher, Scout Master & Life Coach)
  - **Teachers in Charge:** Shri Renjith S, Dr. Lakshmisree R, Dr. Haripriya, Smt. Vidhya, Smt. Sainaba

##### 10:05 AM - 10:30 AM

2. **Batch: I BA English, I BSc Physics, I BSc Zoology, I BSc Chemistry**
  - **Location:** Seminar Hall
  - **Resource Person:** Shri Amerzlin Louis (Physical Education Teacher, Scout Master & Life Coach)
  - **Teachers in Charge:** Dr. Uma S, Smt. Veena R Nair

##### 10:35 AM - 11:30 AM

3. **Batch: I BA Economics, I BCom Marketing, I BCom Tax, I BSc Botany**
  - **Location:** Indoor Hall
  - **Activity:** "Campus Fitness Drive"
  - **Teachers in Charge:** Smt. Shushupna SS, Smt. Reethi, Dr. Uma S

##### 11:35 AM - 12:30 PM

4. **Batch: I BA English, I BSc Physics, I BSc Zoology, I BSc Chemistry**
  - **Location:** Indoor Hall
  - **Activity:** "Campus Fitness Drive"
  - **Teachers in Charge:** Shri Renjith S, Dr. Lakshmisree R





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## Afternoon Sessions: 1:30 PM - 2:30 PM

1. **Batch: I BA Economics, I BCom Marketing, I BCom Tax, I BSc Physics**
  - **Location:** Seminar Hall
  - **Activity:** Digital Solutions
    - **Speaker:** Dr. Vineeth Kumar TV, Assistant Professor, Dept of Zoology
  - **Teachers in Charge:** Shri Renjith S, Dr. Lakshmisree R, Dr. Haripriya, Dr. Uma S
2. **Batch: I BCom Tax, I BSc Physics, I BA Economics, I BCom Marketing**
  - **Location:** I BSc Zoology Classroom (Room No: 66)
  - **Activity:** Awareness and distribution of 'M' Cups
    - **Speaker:** Dr. Manju V Subramanian, Assistant Professor, Dept of Zoology
  - **Teachers in Charge:** Dr. Haripriya, Dr. Uma S, Shri Renjith S, Dr. Lakshmisree R

## 2:35 PM - 3:30 PM

3. **Batch: I BSc Zoology, I BSc Chemistry, I BA English, I BSc Botany**
  - **Location:** I BSc Zoology Classroom (Room No: 66)
  - **Activity:** Awareness and distribution of 'M' Cups
    - **Speaker:** Dr. Manju V Subramanian, Assistant Professor, Dept of Zoology
  - **Teachers in Charge:** Dr. Smitha NR, Smt. Veena R Nair
4. **Batch: I BA English, I BSc Botany, I BSc Zoology, I BSc Chemistry**
  - **Location:** Zoology Lab
  - **Activity:** Digital Solutions
    - **Speaker:** Dr. Vineeth Kumar TV, Assistant Professor, Dept of Zoology
  - **Teachers in Charge:** Smt. Shushupna SS, Smt. Reethi, Smt. Vidhya, Smt. Sainaba

## Afternoon Regular Classes

- **Batches:** I BSc Zoology, I BSc Chemistry, I BA English, I BSc Botany
- **Activity:** Regular classes as per Time Table

**Note:** Awareness and distribution of 'M' Cups - only girl students need to attend; boys can be in the first-year classes.

## Self-Financing Programs:

### 9:30 AM - 12:30 PM

- **Activity:** Regular class as per timetable







# THE COCHIN COLLEGE

KOCHI - 682 002

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1:30 PM - 3:00 PM

1. **Batch: I BSc Maths, I BCom Tax, I BCA, I BBA, I BCom CA**
  - **Location:** Auditorium
  - **Activity:** Theory & Activity sessions
    - **Speaker:** Shri Amerzlin Louis, Physical Education Teacher, Scout Master & Life Coach
    - **Topic:** "Campus Fitness Drive"
  - **Teachers in Charge:** Smt. Aishwarya K, Smt. Rohini P.K, Smt. Anisha Antony V A, Smt. Jeffy Thomas, Smt. Arya Soman

**Day 5 Theme: Health Awareness and Cultural Events**

**Date:** October 13, 2023 (Friday)

**Venue:** Various Locations within The Cochin College Campus

## Schedule and Activities

### Morning Sessions

9:30 AM - 11:00 AM

1. **Batch: I BA Economics, I BCom Marketing, I BCom Tax, I BSc Botany**
  - **Location:** Seminar Hall
  - **Resource Person:** Dr. Praveen G. Pai, Geriatrician, Gerontologist, and Public Health Specialist
  - **Teachers in Charge:** Shri Renjith S, Dr. Lakshmisree R, Dr. Haripriya, Smt. Vidhya, Smt. Sainaba
2. **Batch: I BA English, I BSc Physics, I BSc Zoology, I BSc Chemistry**
  - **Location:** Chemistry Lab
  - **Activity:** An Introduction to SWAYAM Courses
    - **Speaker:** Ms. Jeena Jayan, College Librarian, The Cochin College
  - **Teachers in Charge:** Dr. Smitha NR, Smt. Veena R Nair, Dr. Uma S, Smt. Veena R Nair

11:15 AM - 12:30 PM

3. **Batch: I BA English, I BSc Physics, I BSc Zoology, I BSc Chemistry**
  - **Location:** Seminar Hall
  - **Resource Persons:**
    - Dr. Praveen G. Pai, Geriatrician, Gerontologist, and Public Health Specialist
    - Smt. P V Savitha Shenoy, Cluster Programme Manager, DISHA (District Integrated Strategy for HIV/AIDS prevention)/KSACS, Ernakulam Cluster
  - **Teachers in Charge:** Dr. Uma S, Smt. Veena R Nair





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#### 4. Batch: I BA Economics, I BCom Marketing, I BCom Tax, I BSc Botany

- **Location:** Chemistry Lab
- **Activity:** An Introduction to SWAYAM Courses
  - **Speaker:** Ms. Jeena Jayan, College Librarian, The Cochin College
- **Teachers in Charge:** Shri Renjith S, Dr. Lakshmisree R, Dr. Haripriya, Smt. Vidhya, Smt. Sainaba

#### Afternoon Sessions

1:30 PM - 3:00 PM

##### 1. All First Year Classes

- **Location:** Respective First Year Classrooms
- **Activity:** Cultural Events of First Year Students
- **Teachers in Charge:** First Year Class Teachers and HODs

#### Self-Financing Programs

9:30 AM - 10:45 AM

##### 1. Batch: I BSc Maths, I BCom Tax, I BCA, I BBA, I BCom CA

- **Location:** Auditorium
- **Resource Person:** Smt. P V Savitha Shenoy, Cluster Programme Manager, DISHA (District Integrated Strategy for HIV/AIDS prevention)/KSACS, Ernakulam Cluster
- **Teachers in Charge:** Smt. Aishwarya K, Smt. Rohini P.K, Smt. Anisha Antony V A, Smt. Jeffy Thomas, Smt. Arya Soman

1:30 PM - 3:00 PM

##### 2. Batch: I BSc Maths, I BCom Tax, I BCA, I BBA, I BCom CA

- **Location:** Auditorium
- **Activity:** Cultural Events of First Year Students
- **Teachers in Charge:** Smt. Aishwarya K, Smt. Rohini P.K, Smt. Anisha Antony V A, Smt. Jeffy Thomas, Smt. Arya Soman

#### Concluding Remarks

This report details the structured activities and sessions conducted on Day 1-5 of the INIZIO 2023 program, focusing on health awareness and cultural events to promote overall well-being and community engagement among new students at The Cochin College. The program, aimed at promoting fitness and well-being among new students at The Cochin College. The structured activities and sessions conducted on Day 1 of the INIZIO 2023 program, aimed at orienting and integrating new students into The Cochin College. The sessions cover a wide range of topics including academic orientation, club introductions, and





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essential life skills training, ensuring a comprehensive induction experience for the students. The sessions focussed on physical health, digital solutions, and awareness programs, ensuring a holistic induction experience for the students. structured activities and sessions conducted on Day 3 of the INIZIO 2023 program, aimed at orienting and integrating new students into The Cochin College. The sessions focus on academic orientation, mentorship, reflective assignments, alumni interactions, and career guidance, ensuring a comprehensive induction experience for the students. The sessions cover a wide range of topics including health awareness, the introduction to SWAYAM courses, and cultural activities, ensuring a comprehensive and engaging induction experience for the students. Apart from this, the students were briefed upon the various clubs and committees in the institution by various Club Convenors. Students were also encouraged to perform activities to showcase their talents during Cultural sessions organised by each department.

The Orientation Sessions aimed to provide clarity to the First-Year Students about the objectives of the college activities and their roles as a student in their academic and overall development. The sessions were designed to create a strong foundation for the students' college journey, empowering them to make the most of their academic and personal growth opportunities. We thank all the executives for their continuous support.

Click the link for details

[▶ The Cochin College: INIZIO 2023](#)

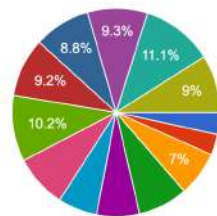


Or Scan

## DAY: 1 STUDENTS FEEDBACK

Subject

557 responses



- BSc Physics
- BSc Mathematics (SF)
- BSc Zoology
- BSc Chemistry
- BSc Botany
- BA English
- BA Economics
- BCom Finance & Taxation

▲ 1/2 ▼





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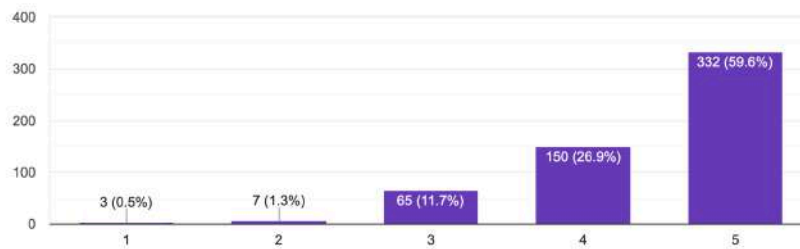
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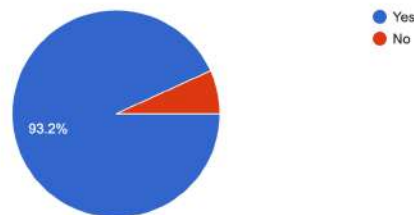
Was the Institutional orientation helpful in familiarising the clubs/committee activities in the college  
557 responses



How do you rate the relevance of the topic discussed in session 1 ( Need of Flourishing Teacher Resource Person - Dr.Rosamma Philip )  
557 responses



Where you able to complete task 1 and submit without much difficulty  
557 responses





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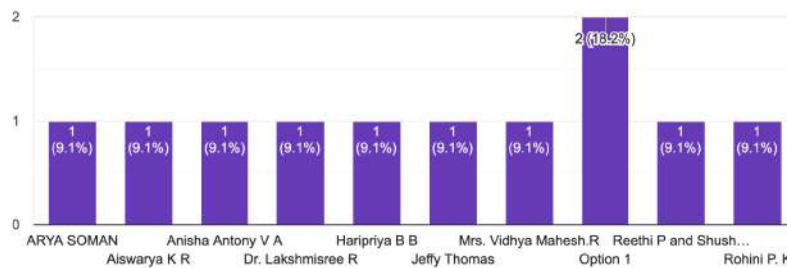
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## Overall feedback of INIZIO 2023 (department coordinators)

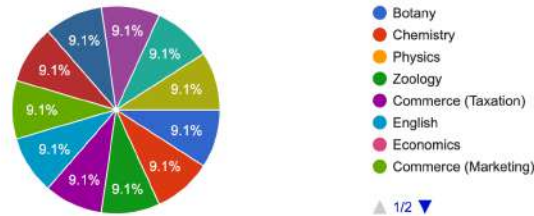
Name of the coordinator

11 responses



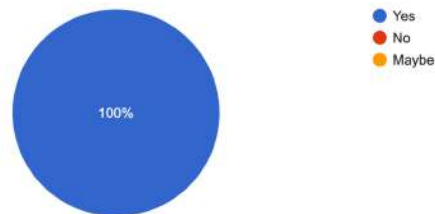
Department

11 responses



Did the program content align with the intended goals and objectives of the induction program?

11 responses





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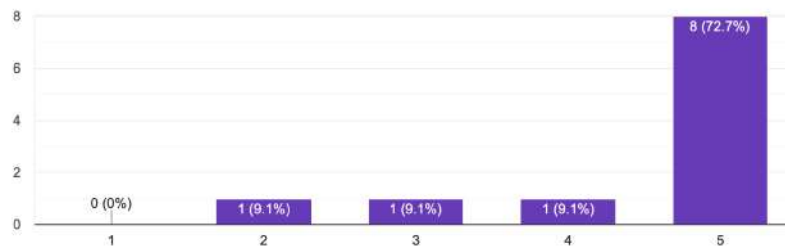
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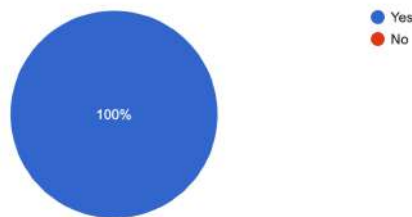
How well was the program structured to ensure a smooth flow of events and activities?

11 responses



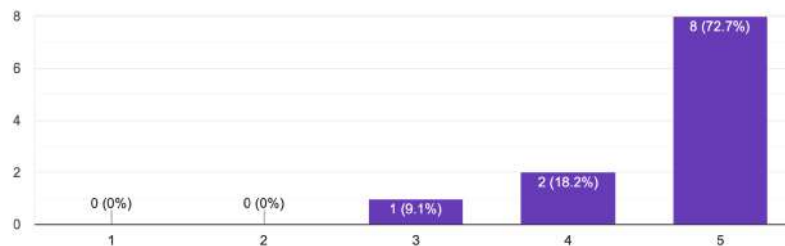
Were roles and responsibilities clearly defined for all coordinators?

11 responses



How engaged were the participants throughout the induction program?

11 responses







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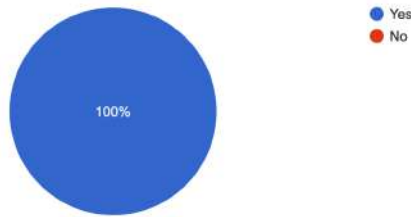
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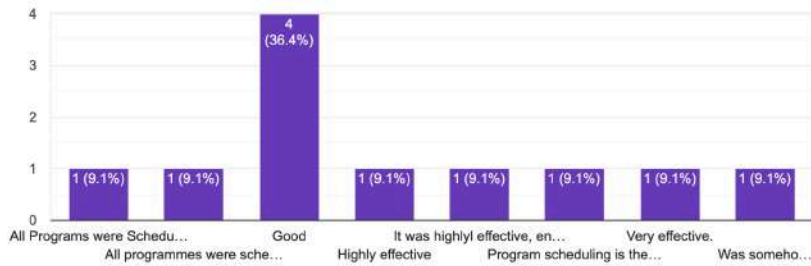
Did the program include interactive elements to encourage participant engagement and participation?

11 responses



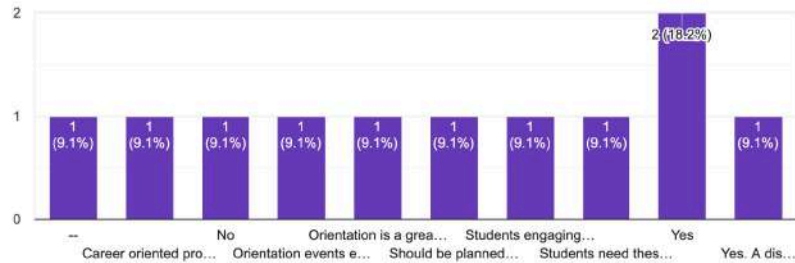
How effective was the communication strategy for informing participants about the program schedule, changes, and important details?

11 responses



Are there specific lessons learned from this year's program that can inform the planning of similar events in the future?

11 responses





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## PHOTO GALLERY





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 Mrudula Menon V.  
 Principal-in-Charge  
 The Cochin College





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Email

[thecochincollegekochi2@gmail.com](mailto:thecochincollegekochi2@gmail.com)

## The Cochin College

Venue: Seminar Hall  
Inauguration: 9.30-10 am

Welcome:

Dr Manju V Subramanian  
INIZIO Co ordinator

Inauguration:

Dr M Geetha, Principal

Felicitations:

Dr Sindhu K, IQAC Co ordinator  
Smt Mrudula Menon, PTA Secretary  
Dr Reshimon PR, Vice Principal

Vote of Thanks

## INIZIO-2023

09 Oct 2023 – 13 Oct 2023

TIME-9.30 --3.30

Student Induction programme as per  
'Deeksharambh' guidelines of UGC





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**DAY 1 & 2**  
**9-10th**  
**October 2023**



**Mujeeb Mohammad**



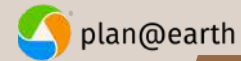
**Liyas Kareem**



**Rasheed Ashraf**

## About Us!

Mr. Sooraj Abraham, Executive Coach, SparX Life skills Unlimited & Social Entrepreneur and founder, plan@earth, a non-profit registered as a Charitable Society under Travancore Cochin Charitable Societies Act of 1955. PlanatEarth was founded in 2009 when a group of like-minded people came together and decided to work for the Environment. His team includes Mujeeb Mohammad, Rasheed Ashraf & Liyas Kareem as Executive Trainers.



## Resource persons



**Sooraj Abraham**

### Topics

1. College Education towards Responsible Citizenship
2. Codes of Classroom Conduct
3. Teamwork towards Common Goals





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**DAY 3**  
**11th October 2023**

## DEPARTMENT DAY

- Academic Orientation by HOD (Discussion of syllabus, Program outcome, Program specific outcome etc)
- Mentor -mentee interaction by Class teacher.
- Alumni Interaction: Experience sharing Alumni/seniors
- Career Orientation



Induction  
Program





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**DAY 4**  
**12th October 2023**

**Enjoy Have fun and Learn  
Lifeskill with LifeCoach**

- Well-being through physical exercise and music
- How to create Happy hormones
- Mental Health using power of your word
- Fun Games
- TEAM Building and Goal setting in Life



**Amerzlin Louis**  
*Physical Education Teacher, Scout  
Master & Life Coach*  
*Best Teacher award winner in the  
Sub District*





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**DAY 5**  
**13th October 2023**



**P V Savitha Shenoy**

Cluster Programme Manager  
DISHA (District Integrated Strategy for HIV/AIDS prevention)/KSAC S. Ernakulam Cluster.

**Topics :**

- Health in various aspects - social, physical and mental in Iridescent youth.



**Dr. Praveen G. Pai**

Geriatrician, Gerontologist and Public Health Specialist.



*Mrudula Menon V.*  
**Mrudula Menon V.**  
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## Programme Report

# INIZIO 2022

12 Dec 2022 – 16 Dec 2022

SI No		
1	Name of the Program	INIZIO-2022 Student Induction programme as per 'Deeksharambh' guidelines of UGC
2	Online/Offline	Online & Offline
3	Date	12 Dec 2022 –16 Dec 2022 (5 days- details attached)
4	Time	9.30 am -4 pm
5	Organised by	Student Support Cell and IAQC
6	Resource person/persons	Attached
7	Coordinator/convenor	Janu V Kumar
8	Organising Committee	Dr Sindhu K Dr Vineeth Kumar TV Dr Manjusha MV Ms Priya M Mr Renjith S Mr Arun Kumar G Dr Haripriya Dr Lakshmisree Ms Sabitha Joseph Ms Arathy AS







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		Ms Aysha Nazar Ms Agnes Anju CJ Ms Shinda Varghese Ms Rajitha PM
9	Financial Assistance	Nil

10	No of students participated	350-400
11	No of Faculty Participated	60
12	Public Participation (if any)	NIL
13	Detailed Report	Attached
14	Paste a clear screenshot (image) of the brochure.  Date, title etc should be legible  One image in one row, if more than one image add rows below and paste	Attached
15	Paste list of participants (image)- one image in one row, if more than one image add rows below and paste	Attached
16	Paste relevant photos of the program (if online, photo with date)- one image in one row, if more than one image add rows below and paste	Attached





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17	Online links if any	<a href="#">Attached</a>
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## INIZIO-2022

Student Induction programme as per 'Deeksharambh' guidelines of UGC

12 Dec 2022 – 16 Dec 2022

**\*All the sessions of the Induction program were through Hybrid mode (Online Platforms (Google meet and You Tube streaming) & Onsite Programs).**

The purpose of Deeksharambh - Student Induction Programme is to help new students adjust and feel comfortable in the new environment, inculcate in them the ethos and culture of the institution, help them build bonds with other students and faculty members, and expose them to a sense of larger purpose and self-exploration

Students Induction could cover a number of different aspects (SAGE):

**Socializing:** meeting other new students, senior students, student's union, lectures by Eminent People;

**Associating:** visits to University / college, visits to Dept./Branch/ Programme of study and important places in campus, local area, city and so on;

**Governing:** rules and regulations, student support etc;

**Experiencing:** Subject lectures, study skills, small-group activities, physical activity, creative and performing arts, literary activities, universal human values, etc.

### Induction Program-Important Guidelines

1. New students be informed that the Induction is mandatory non-credit course for which a certificate will be issued by the institution.
2. Each Department should collect feedbacks from students at the end of each day of the Induction Program- Google form
3. All departments should maintain the online attendance for all days of the induction Program





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## Programme Brochure



## Schedule of Programme

### Day 1 - 12 Dec 2022

9.45 am-10 am	Inaugural Session, Venue: Seminar Hall
10am-12.30pm	Interactive training Session by HABIT THEORY Topic: The Science of Learning, Creativity and Problem-Solving
Batches : B.A Economics, B.A English, B.Sc. Botany	
12.30pm-1.30pm	Lunch Break
1.30pm-4pm	Interactive training Session by HABIT THEORY Topic: The Science behind procrastination. How to beat Procrastination
Batches: BCA, B.Com Computer Applications, B.Com Finance & Taxation(SF)	
Feedback of day 1	

### Day 2 – 13 Dec 2022

10.00am – 12.30pm	Interactive training Session by HABIT THEORY, Venue: Seminar Hall
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<b>Topic: Scientific exercises to increase willpower</b>	
<b>Batches: B.Com Marketing, B.Com Taxation, B.Sc. Physics</b>	
<b>12.30pm-1.30pm</b>	<b>Lunch Break</b>
<b>1.30pm-4pm</b>	<b>Interactive training Sessions by HABIT THEORY, Venue: Seminar hall Topic:Memory Boosters-Technique to improve our memory.</b>
<b>Batches : B.Sc. Chemistry, B.Sc. Zoology, B.Sc. Maths, BBA</b>	
<b>Feedback of Day 2</b>	

### Day 3 – 14 Dec 2022

<b>9.30am -10am</b>	<b>Entry Level Test</b>
<b>10am-12.30am</b>	<b>Subject wise orientation class organised by the respective departments Topic : Career prospects / Orientation.</b>
<b>12.30pm-1.30pm</b>	<b>Lunch Break</b>
<b>1.30pm-3.30pm</b>	<b>Mentor -mentee interaction Introduction &amp; familiarisation to the various clubs and committees. (Video presentations)</b>
<b>3.30pm-4pm</b>	<b>Assignment1 (Upload in the google form provided) Write a page on the topic:“My ambition In Life. How goal-oriented am I?”</b>
<b>Feedback of day 3</b>	

### Day 4 – 15 Dec 2022

<b>9.30am -10.30am</b>	<b>Health &amp; Exercise – Dr Manju V Subramanian, Assistant professor, Department of Zoology, The Cochin college. Importance of being Physically active (Video Lecture)</b>
<b>10.30-11.30am</b>	<b>An Introduction to SWAYAM Courses (video lecture)-Ms.Jeena Jayan, College librarian, The Cochin College</b>
<b>11.30am-12.30pm</b>	<b>An Introduction to the Add On Courses offered by the various departments. (Video presentations)</b>
<b>12.30pm-1.30pm</b>	<b>Lunch Break</b>
<b>1.30pm-3.30pm</b>	<b>Cloud Tools for Academics (Video Lecture)-Dr Paulbert Thomas, Assistant Professor Department of Electronics, The Cochin College</b>





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3.30pm-4pm	Assignment 3: Create a resume using Cloud Tools.
Feedback of Day 4	

## Day 5- 16 Dec 2022

9.30 am- 10.30am	<i>Yoga &amp; Meditation (Video Lecture)</i> <i>Dr.Vineeth Kumar T.V, Assistant Professor,</i> <i>Department of Zoology, The Cochin</i> <i>College</i>
10.30am-11.30am	<i>Alumni Interaction (Department activity)</i>
11.30am-12.30pm	<i>Mentor -mentee interaction: Unleash your Talent</i> <i>Assignment 4: Create a reel or a short video exhibiting your talent. Talent can be of any theme like music,drawing/painting,timelapse, photography/videography,dance moves, stand up comedy, martial arts, sports/fitness, educational content, science,magic, mythbusters, social cause, fashion, life hacks, anything and everything interesting as well as respecting youtube's community guidelines and privacy policy. Please refrain from hate speech, bullying and those which go against the code of ethics of our college. Do not break copyright rules or use copyrighted contents without proper permission. Use your own creation only.</i>

12.30pm-1.30pm	<i>Lunch Break</i>
1.30pm onwards	<i>Preparation &amp; submission of Report on the Induction program by students.</i>
Feedback of day 5	

## Day 6

*Students Feedback and Report*







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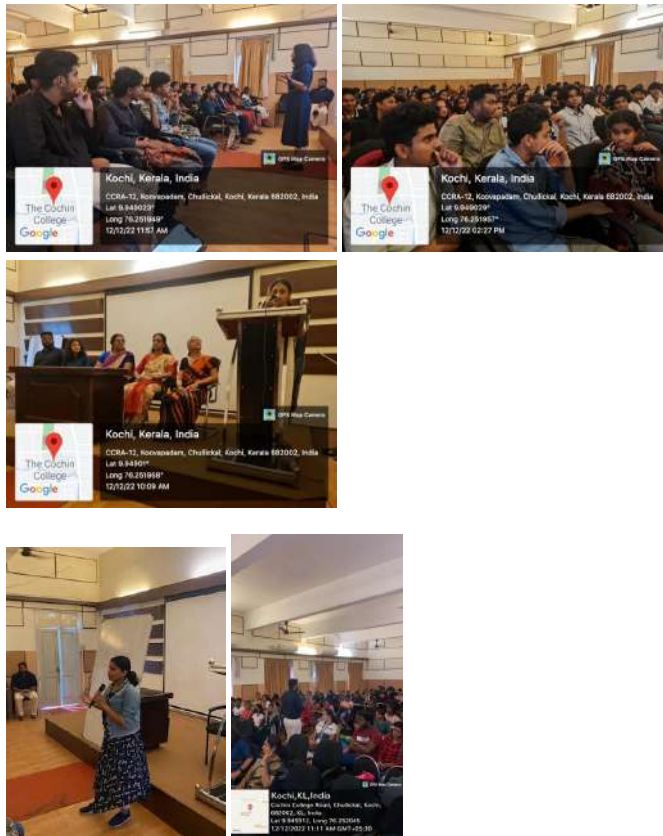
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### Photos of the events



*Mendula Menon*  
**Mrudula Menon V.**  
**Principal-in-Charge**  
**The Cochin College**



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## Online Links

**INIZIO 2022**  
**The Cochin College**

1. PTA - <https://youtu.be/AwUky6yc0GM>
2. WWS - <https://youtu.be/GukXNvx-IN4>
3. SSP - <https://youtu.be/Mhly2F3T-XE>
4. TCC-IIC - <https://youtu.be/9c0fNQSQB1g>
5. WGC - [https://youtu.be/sZ\\_5QGTS6UA](https://youtu.be/sZ_5QGTS6UA)
6. Nature Club - <https://youtu.be/kPMtPeB0aLs>
7. Career Guidance & Placement Cell - [https://youtu.be/Bil1Bw9t\\_hw](https://youtu.be/Bil1Bw9t_hw)
8. ED Club - <https://youtu.be/lrw-oPX2E1o>
9. Film Club - <https://youtu.be/H1dRnLmvaEo>
10. KNowledge FM - <https://youtube.com/shorts/-eB2dEmfr3M>
11. Science & Quiz Club - <https://youtu.be/2Dvi7s1AtXw>
12. Dramatics Club - <https://youtu.be/czJLZ-FSv88>
13. Literary and Debating Club - [https://youtu.be/KzaHG6Z\\_U\\_s](https://youtu.be/KzaHG6Z_U_s)
14. Cultural Club - <https://youtu.be/Pp7vw2NQWsg>
15. Science & Quiz Club - <https://youtu.be/2Dvi7s1AtXw>





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## List Of Participants

Name of the Student
215 responses
Rinsha kj
Aadhil dev ks
Vaishnavi R
Krishna Dileep
Reema Marakkar
Aiswarya T B
Thansiya Shameer
Nazveen Noufal
Ayana MS





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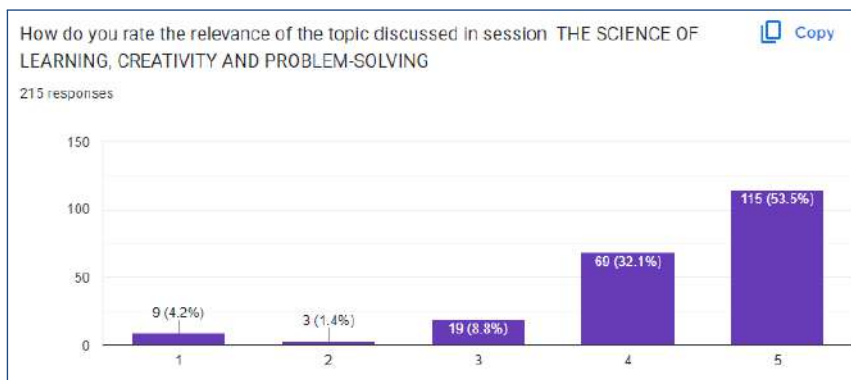
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## Students Feedback Day 1 & 2



Can you mention one take away point from the session THE SCIENCE OF LEARNING, CREATIVITY AND PROBLEM-SOLVING

215 responses

- Motivation
- Dopamine hormone
- Will power
- Motivation and willpower
- Dopamine hormone
- Creativity is the ability to consider a task or a problem in a different way
- Will power
- Creativity and problem solving
- Creativity and problem solving





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Mention the simple technique to beat procrastination

215 responses

Pomodoro

.

More willpower and confidence

Cheating amygdala

Pomodoro technique

Pomodoro technique

Take 5 min break after every 25 min

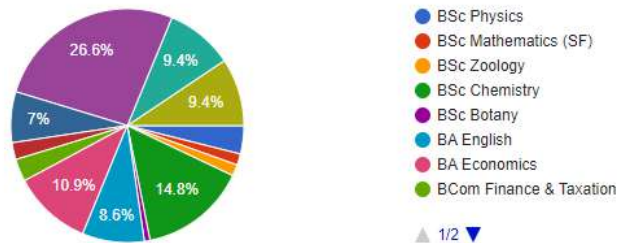
Cheating amygdala

Pomodora

### Student Feedback Day 3

Subject

128 responses







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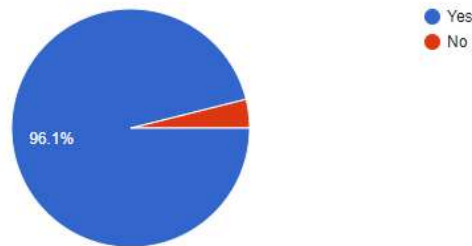
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Did the session provide the new/current employment opportunities in your subject?

128 responses



Mention one take away point from the session

128 responses

Motivation, Future courses & job

Motivation, future courses, job

Job opportunities

Motivation, future courses & job

Motivation, future courses&job

Yes

..

Search and gain knowledge as much as you can

Improve studies





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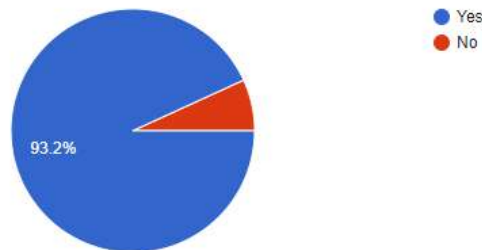
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## Student Feedback Day 4

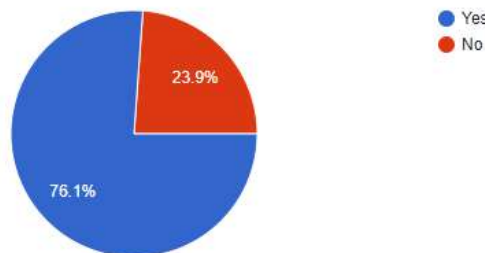
Did the session on various add on courses provided by the institute help you in familiarising and choosing one add on for the year?

88 responses



Where you able to complete Activity 2 (career portfolio) and submit without much difficulty

88 responses





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Can you mention one take away point from the session "Cloud-based technology for enriching teaching-learning experience"

88 responses

Usage of cloud tools

Cloud computing

A cloud based education platform also improves physical and digital access to resources. It makes it easier for students to access the same materials and learning resources, regardless of the devices or internet browsers they use.

Good

Too fast

Secure, time-saving tools to help keep focus on students inside or outside the classroom

It's very easy to use cloud based applications

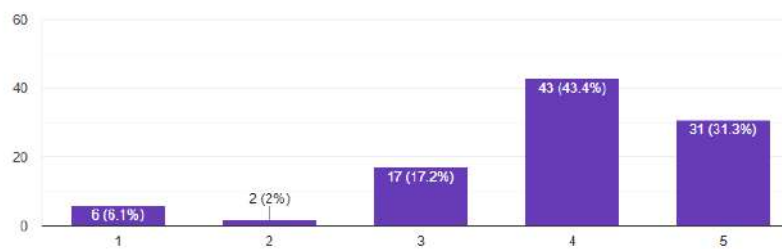
It was a good class but I didn't understand some points

## Student Feedback Day 5

How do you rate relevance of the session Yoga and Meditation

Copy

99 responses





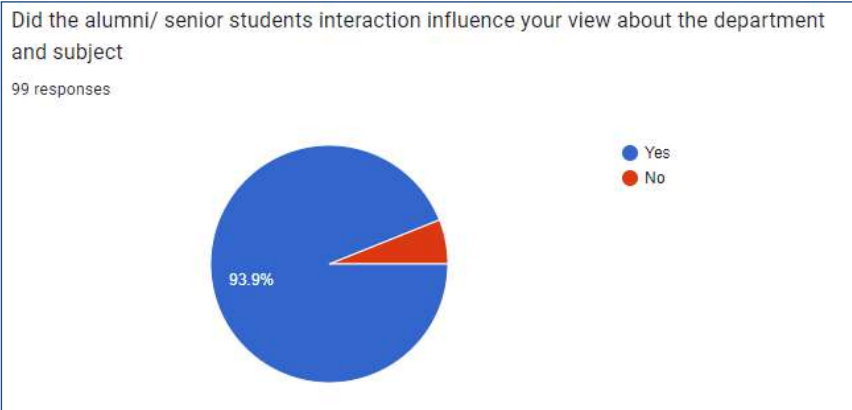
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- Suggestions/ Comments
- 99 responses
- Can be more interactive
  - ☺
  - No suggestions
  - Helpful
  - Great class
  - Should improve teaching
  - Class was superrr duppprrr
  - Good....
  - it was a helpful class





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## Program Report submitted by students

About 139 students uploaded the 5-day report. Four such reports is attached below

### Report

The class was mainly focused on topics such as goal setting, time management, and self-motivation that are essential to success in life. The keynote speaker provided a complete overview of the importance of having a clear vision for one's future and developing effective strategies to reach those objectives.

They shared various techniques to increase our will power and memory. They shared stories of overcoming challenges which inspired us all to reach our full potentials no matter what life throws at us.

#### Inizio

Thankyou our teachers for inizio special class ..  
the class is very interesting..  
I enjoyed the class and take the good things from it.teachers made the class very nice ..Neve get bored among this .. And Daisy mam takes the class about the achievement..and about amul milk products  
And inizio class section is very nice  
And learned about skill ,timings,memory powers etc.. and very useful class  
Thanks inizio .team and teachers for this







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The orientation class was helpful. It helped me a lot in finding my passions and also helped me in creating a better vision about my future. Also all it gives us so much knowledge and motivation about how we can implement plans and how to do that so our jobs in our future life and thought us to create a better human person in society.





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Importance of being physically active. In the last video class they showed the cloud tool and its importance in Academics. On the last day or the 5<sup>th</sup> day they taught us about Yoga and meditations through a video. Yoga really helped me to calm my mind. After that one of our Alumni Texin S. came to take a class. He ~~told about our~~ talked about the future plans and different jobs we can achieve. He even showed us the ways to reach the top level. These 5 days were 'Amazing' I got a chance to learn so many things about life, career, future, etc... I am really glad that I had a chance to attend this program.

Thank you....  
INIZIO 2022





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## Program Report (1 June 2021- 31 May 2022) INIZIO 2022

(Designed as per the guidelines framed by the University Grants Commission (UGC) on  
'Deeksharambh – Student Induction Programme')

SI No		
1	Name of the Program	INIZIO 2021 DEEKSHARAMB STUDENT INDUCTION PROGRAMME
2	Online/Offline	ONLINE
3	Date	08/11/22 to 12/11/22
4	Time	9.30 am to 4.00 pm on all days
5	Organised by	IQAC and Student Support Cell
6	Resource person/persons	1.Dr Paulbert Thomas, Assistant Professor in Electronics, The Cochin College 2.HR trainers (Organisation) 3.Dr Mary Matilda, Former Principal, Maharaja's College, Ernakulam 4,Dr Jobin Jose Chamakkala, Assistant Professor, Department of Malayalam, Devamatha College, Kuruvilangad 5.Sri. K.K. Arun, Preventive Officer, Excise Range Office, Mattancherry 6.Sri. Suvrad M T Psychologist, HLPPT, Second Innings Home, Govt Old Age Home, Thavanur, Malappuram
7	Coordinator/convenor	Dr Anupama R, Assistant Professor, The Cochin College, Kochi -2
8	Organising Committee	Dr Geetha M Dr Sindhu K Dr.Remya M.L Dr Haripriya BB Dr Smitha N R Zafna Rasheed Priya M Arun Kumar G Navya Chandran Asmin N Athira Shanmughan Febin George
9	Financial Assistance	NIL





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10	No of students participated	400 -500
11	No of Faculty Participated	20
12	Public Participation (if any)	NIL
13	Detailed Report	<p>Designed as per the guidelines framed by the University Grants Commission (UGC) on 'Deeksharambh – Student Induction Programme', INIZIO 2021 was organised as a week-long programme for first year undergraduate students from 08<sup>th</sup> November to 12<sup>th</sup> November 2021 in a hybrid mode comprising six online invited lectures as live sessions, video presentations and assigned tasks. The purpose of Deeksharambh is to help new students adjust and feel comfortable in the new institution and covers different aspects like Socialising, Associating, Governing and Experiencing (SAGE).</p> <p>INIZIO 2021, jointly organised by the IQAC and the Student Support Cell of the college commenced on 08<sup>th</sup> November 2021 with the address by Dr. M. Geetha, Principal, The Cochin College followed by live and recorded presentation of activities of all the clubs and committees of the college. The second session on '<i>Cloud based Technology for Enriching Teaching-Learning experience</i>' was handled by Dr Paulbert Thomas, Assistant Professor in Electronics, The Cochin College through Google Meet and simultaneous live stream on YouTube. The third session was an orientation for students handled by the respective departments to familiarise them with the academic and non-academic environment of the Department. It was followed by a literary task for students</p>





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		<p>to write a summary on their aspirations and family expectations.</p> <p>On Day 02, 09<sup>th</sup> November 2021, an interactive training session initiated by HR trainers, Habit theory on '<i>Science of Learning</i>' provided a detailed insight into the science of learning complex subjects. A literary task to review a book of their choice was given to students. The third day into the programme, on 10<sup>th</sup> November 2021, an induction and orientation session, '<i>Welcome on Board</i>' handled by Dr Mary Matilda, Former Principal, Maharaja's College, Ernakulam was conducted through Google Meet. In tune with the present interests of students, # <i>Shorts Challenge</i>, a fun task was assigned to students to showcase their talent in a 60 second video. The task was designed by the Digital Solutions Committee and IQAC of the college to introspect and boost the creativity in students and the response was overwhelming. In the afternoon session, students were entrusted with the task of creating a career portfolio in Google docs which also served as a practical task to the session conducted on Cloud Based Technology.</p> <p>On 11<sup>th</sup> November 2021, Dr Jobin Jose Chamakkala, Assistant Professor, Department of Malayalam, Devamatha College, Kuruvilangad initiated an online live session on Yoga for health and wellness. The second session on day four '<i>Say NO to Drugs</i>' was handled by Sri. K.K. Arun, Preventive Officer, Excise Range Office, Mattancherry through Google Meet. An interesting task assigned to students '<i>Character Silhouettes</i>', required the</p>
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		<p>students to write about a character from a book or film who inspired or terrified or amused or annoyed or confused them and the reason for the same.</p> <p><i>'Management of Emotional and Behavioural Problems in Adolescents'</i> handled by Sri. Suvrad M T Psychologist, HLPPT, Second Innings Home, Govt Old Age Home, Thavanur, Malappuram was conducted on 12<sup>th</sup> November 2021 through Google Meet. <i>'What's in my name'</i>, another interesting task required students to write about the significance and meaning of their names.</p> <p>The students were directed to upload a consolidated report on the sessions attended and certificates were issued online. All the live sessions were simultaneously streamed on You tube which enabled a larger number of students to participate in the sessions. The students were directed to upload their tasks in Google classroom.</p> <p>INIZIO 2021 was a well planned and executed six-day programme conducted within the time frame 9.30 am to 4.00 pm on each day and provided the right initiation to students to familiarise themselves with the environment of their new institution.</p>
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<p>14</p>	<p>Paste a clear screenshot (image) of the brochure. Date, title etc should be legible One image in one row, if more than one image add rows below and paste</p>	
<p>15</p>	<p>Paste list of participants (image)- one image in one row, if more than one image add rows below and paste</p>	





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Timestamp	Username	Name of the Student
2021/11/13 1:10:55 pm GMT+5:30	Aswathyjyoti@gmail.com	Aswathy rethna
2021/11/13 1:12:13 pm GMT+5:30	aansioratory@gmail.com	Aanshi Antony
2021/11/13 1:12:21 pm GMT+5:30	saif303313@gmail.com	Asimol p.s
2021/11/13 1:12:37 pm GMT+5:30	niyamaria05@gmail.com	Niya
2021/11/13 1:12:46 pm GMT+5:30	alukeeria28@gmail.com	Aleena Mary P.P.
2021/11/13 1:12:57 pm GMT+5:30	stuhanaasonu2003@gmail.com	Stuhana ps
2021/11/13 1:14:16 pm GMT+5:30	subinasun45@gmail.com	Subina sunil
2021/11/13 1:14:31 pm GMT+5:30	doniprasad202@gmail.com	DON PRASAD
2021/11/13 1:14:31 pm GMT+5:30	efronjoseph121@gmail.com	Efron jossy
2021/11/13 1:15:20 pm GMT+5:30	jeffryachad@gmail.com	Jeffy Rachal
2021/11/13 1:15:33 pm GMT+5:30	aleenavj2003@gmail.com	Aleene VJ
2021/11/13 1:16:47 pm GMT+5:30	efronjoseph121@gmail.com	Efron Jossy
2021/11/13 1:16:57 pm GMT+5:30	haripriyaeevee1@gmail.com	Haripriya.D
2021/11/13 1:17:01 pm GMT+5:30	nancsaratorhan468@gmail.com	Nandana K.M
2021/11/13 1:18:04 pm GMT+5:30	seethalsebastian15@gmail.com	Seethal sebastian
2021/11/13 1:18:10 pm GMT+5:30	chris.lonappen@gmail.com	Chris Lonappen
2021/11/13 1:18:20 pm GMT+5:30	amayamolano033@gmail.com	Amaya M
2021/11/13 1:19:31 pm GMT+5:30	amayamolano033@gmail.com	Amaya M
2021/11/13 1:20:05 pm GMT+5:30	aleenaz1926@gmail.com	Aleene ps
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2021/11/13 1:21:09 pm GMT+5:30	remeshanec65@gmail.com	Remya Remesh
2021/11/13 1:21:55 pm GMT+5:30	nooranocrans@gmail.com	Noora MS
2021/11/13 1:22:57 pm GMT+5:30	revathyk1626@gmail.com	REVATHY K.K
2021/11/13 1:26:21 pm GMT+5:30	marthasolaman@gmail.com	Marlina Solaman
2021/11/13 1:26:30 pm GMT+5:30	appazzmanu8@gmail.com	Manu Ktshna
2021/11/13 1:26:59 pm GMT+5:30	aneghasoman@gmail.com	Anegha soman
2021/11/13 1:28:03 pm GMT+5:30	anvuthaanand86@gmail.com	Anvutha A
2021/11/13 1:28:21 pm GMT+5:30	aryapradepaj2003@gmail.com	Arya pradep
2021/11/13 1:28:26 pm GMT+5:30	aiswaryad66@gmail.com	Aiswarya. D
2021/11/13 1:28:32 pm GMT+5:30	nayanaz2442003@gmail.com	Nayana Mukund
2021/11/13 1:31:47 pm GMT+5:30	arjunmanu15@gmail.com	Arjun N
2021/11/13 1:32:32 pm GMT+5:30	denecshuram@gmail.com	Denish Duram
2021/11/13 1:33:50 pm GMT+5:30	aleonasharsh101@gmail.com	Mary Aleena K.T
2021/11/13 1:35:50 pm GMT+5:30	jasirmuhammad057@gmail.com	Muhammed Jasir PM
2021/11/13 1:36:24 pm GMT+5:30	kochurani1010@gmail.com	Kochurav Aleena K. J
2021/11/13 1:40:43 pm GMT+5:30	akhilenduccd@gmail.com	Akhilendu cd
2021/11/13 1:44:27 pm GMT+5:30	litha935@gmail.com	Fathima hridha AN
2021/11/13 1:44:34 pm GMT+5:30	sijinsalim2003@gmail.com	Sijina Salim
2021/11/13 1:45:23 pm GMT+5:30	rahulraj10@gmail.com	Rahul Pj
2021/11/13 1:48:34 pm GMT+5:30	niyasarson31@gmail.com	NIYA SAMSON
2021/11/13 1:50:27 pm GMT+5:30	deepthisha10s@gmail.com	Deepthisha S
2021/11/13 1:50:54 pm GMT+5:30	fathimaaj@gmail.com	Fathima AJ
2021/11/13 1:51:03 pm GMT+5:30	krishnapriyaresh@gmail.com	KRISHNA PRIYA RESH
2021/11/13 1:51:22 pm GMT+5:30	vysnnavi3002@gmail.com	Vysnnavi. R
2021/11/13 1:55:45 pm GMT+5:30	aschniyaj@gmail.com	Aschniya pj



*Mendula Menon*  
**Mrudula Menon V.**  
**Principal-in-Charge**  
**The Cochin College**



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2021/11/13 1:56:09 pm GMT+5:30	rsreeiakshmi43@gmail.com	Sreeiakshmi R.S
2021/11/13 1:57:35 pm GMT+5:30	priyankepnm242@gmail.com	Priyanka P.M
2021/11/13 2:00:10 pm GMT+5:30	jaselaafzal606@gmail.com	JASEELA AFZAL
2021/11/13 2:01:02 pm GMT+5:30	ruksana03@gmail.com	RUKSANA C.N
2021/11/13 2:02:52 pm GMT+5:30	anasoboyaw21032@gmail.com	Anasoboya vireesh
2021/11/13 2:02:59 pm GMT+5:30	Sreeakshmi32@gmail.com	Sreeakshmy VS
2021/11/13 2:04:46 pm GMT+5:30	deventhus9@gmail.com	Deventhu S
2021/11/13 2:05:16 pm GMT+5:30	abdullatheef64@gmail.com	Abdul Latheef
2021/11/13 2:06:13 pm GMT+5:30	kurjuv14@gmail.com	Vishnu kurjappan pj
2021/11/13 2:06:20 pm GMT+5:30	arundhatydevanandana@gmail.com	Arundhaty Devanandana
2021/11/13 2:07:50 pm GMT+5:30	krishnapriyanandan2004@gmail.com	Krishnapriya Nandakumar
2021/11/13 2:08:30 pm GMT+5:30	ajalmathewche@gmail.com	Ajal Mathew
2021/11/13 2:12:14 pm GMT+5:30	blesybenny123@gmail.com	Blesy Benny
2021/11/13 2:15:34 pm GMT+5:30	lishajhonscn47@gmail.com	Josaph Clywn
2021/11/13 2:16:10 pm GMT+5:30	nivedithaj75@gmail.com	Niveditha jc
2021/11/13 2:17:02 pm GMT+5:30	steyasajevaraj@gmail.com	Steya Sajevaran
2021/11/13 2:18:34 pm GMT+5:30	asnamokuz@gmail.com	Asra mol T.N
2021/11/13 2:20:53 pm GMT+5:30	aneettaan2907@gmail.com	Aneetta A.P
2021/11/13 2:24:06 pm GMT+5:30	nandana.chembakkal@gmail.com	Nandana Suresh
2021/11/13 2:25:00 pm GMT+5:30	abhiabhiram1935@gmail.com	Abhiram sunil
2021/11/13 2:27:27 pm GMT+5:30	abhiramiramesh2002@gmail.com	Abhiram v r
2021/11/13 2:28:13 pm GMT+5:30	annm44340@gmail.com	Ann Maria
2021/11/13 2:28:27 pm GMT+5:30	sreeakshmiaknath3@gmail.com	Sreeakshmi B
2021/11/13 2:28:38 pm GMT+5:30	Sreevidhya.LS3@gmail.com	Sreevidhya.E
2021/11/13 2:32:56 pm GMT+5:30	devikajayan2004@gmail.com	Devika Jayan
2021/11/13 2:33:14 pm GMT+5:30	s22002912@gmail.com	Kavya S
2021/11/13 2:38:15 pm GMT+5:30	mrazrooranameda@gmail.com	Mazroor Ahamed K
2021/11/13 2:40:14 pm GMT+5:30	RoseBernard409@gmail.com	RoseBernard
2021/11/13 2:42:35 pm GMT+5:30	farzenasuleiman2021@gmail.com	Farzana Sulaiman
2021/11/13 2:42:36 pm GMT+5:30	arunmathan99@gmail.com	Rahmath.A.N
2021/11/13 2:43:50 pm GMT+5:30	nanditha13may@gmail.com	Nanditha T.B
2021/11/13 2:48:10 pm GMT+5:30	vysnnavp542@gmail.com	Vysnnav P.V
2021/11/13 2:57:09 pm GMT+5:30	aacilitatima22@gmail.com	Aacilita Fatima TN
2021/11/13 2:58:00 pm GMT+5:30	aiswariyaya54@gmail.com	Aiswarya Riya E.J
2021/11/13 3:17:25 pm GMT+5:30	rejesree1913@gmail.com	Rajasree R
2021/11/13 3:25:13 pm GMT+5:30	vireekhad2@gmail.com	Rekha VR
2021/11/13 3:26:32 pm GMT+5:30	kaashhadyasin@gmail.com	K.A kashhadyasin
2021/11/13 3:54:15 pm GMT+5:30	aashilaj@gmail.com	AASHI Arnbujakshan
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2021/1/13 4:04:24 pm GMT+5:30	sanscrasanthosh5@gmail.com	Sandra Santhosh
2021/1/13 4:08:49 pm GMT+5:30	digmaantonio5@gmail.com	Digna Antony
2021/1/13 4:12:12 pm GMT+5:30	arjuprasad2003@gmail.com	Arju Prasad V P
2021/1/13 4:22:33 pm GMT+5:30	asnaayshal6@gmail.com	Asna k h
2021/1/13 4:26:11 pm GMT+5:30	layanam149@gmail.com	Layana ML
2021/1/13 4:30:01 pm GMT+5:30	abindanielofficial@gmail.com	Abin Daniel
2021/1/13 4:51:40 pm GMT+5:30	alfalfiya2004@gmail.com	Mary Alfalya Jude
2021/1/13 4:52:21 pm GMT+5:30	ssooryavthekkar@gmail.com	Sooriya v Bhaskar
2021/1/13 4:58:38 pm GMT+5:30	akelesh12962002@gmail.com	Akelesh Jayakumar
2021/1/13 5:04:49 pm GMT+5:30	gowry931@gmail.com	Gowry K R
2021/1/13 5:05:48 pm GMT+5:30	aiswaryapraphapan0@gmail.com	Aiswarya prathapan
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2021/1/13 5:25:24 pm GMT+5:30	RoseDemard46@gmail.com	RoseBernard
2021/1/13 5:25:49 pm GMT+5:30	adamaazru@gmail.com	Nazru
2021/1/13 5:29:16 pm GMT+5:30	nandanaajeeraj@gmail.com	Nandhana Jeeraj
2021/1/13 5:31:06 pm GMT+5:30	risnavs786@gmail.com	Risna Vs
2021/1/13 5:35:24 pm GMT+5:30	thazheena0214@gmail.com	Thazheena K A
2021/1/13 5:44:39 pm GMT+5:30	bhagyasajeer2463@gmail.com	Bhagya Sajeer
2021/1/13 5:49:03 pm GMT+5:30	shernsiadh@gmail.com	Shern fathima
2021/1/13 5:50:12 pm GMT+5:30	riswinshajahan2003@gmail.com	Riswin shajahan
2021/1/13 5:55:36 pm GMT+5:30	aiswaryasheno773@gmail.com	Aiswarya B Shenoy
2021/1/13 5:56:32 pm GMT+5:30	aleenam898@gmail.com	Aleena ML
2021/1/13 6:00:09 pm GMT+5:30	soya7520@gmail.com	Siyamel vs
2021/1/13 6:08:37 pm GMT+5:30	santhoshanur446@gmail.com	Arun Santhosh
2021/1/13 6:20:29 pm GMT+5:30	jinicyantony20@gmail.com	Jincy Antony
2021/1/13 6:21:19 pm GMT+5:30	kochothrasasiini19@gmail.com	KOCHUTHRESIA STINI
2021/1/13 6:21:24 pm GMT+5:30	lakshika72@gmail.com	Devika lal
2021/1/13 6:23:45 pm GMT+5:30	lakshika72@gmail.com	Devika lal
2021/1/13 6:31:26 pm GMT+5:30	gopikamanju446@gmail.com	Gopika Gopinath
2021/1/13 6:33:59 pm GMT+5:30	annanazrin848@gmail.com	Anna Nazrin
2021/1/13 6:44:30 pm GMT+5:30	peterpq440@gmail.com	Peter p v
2021/1/13 6:48:19 pm GMT+5:30	aleenaantoryva25@gmail.com	Aleena Antony.V.A
2021/1/13 6:48:24 pm GMT+5:30	anoo007@gmail.com	ANOOJ. P
2021/1/13 6:52:43 pm GMT+5:30	aleenaantoryva25@gmail.com	Aleena Antony.V.A
2021/1/13 6:54:05 pm GMT+5:30	staniyaann2003@gmail.com	Staniya Ann N.A
2021/1/13 6:55:27 pm GMT+5:30	meenakshykrishna6@gmail.com	Meenakshi krishnan
2021/1/13 7:19:55 pm GMT+5:30	rithicrajeev@gmail.com	Rithic S Rajeev
2021/1/13 7:21:16 pm GMT+5:30	rithicrajeev@gmail.com	Rithic S Rajeev
2021/1/13 7:30:30 pm GMT+5:30	ebrahimbadushae@gmail.com	Sumayya c.s
2021/1/13 7:31:11 pm GMT+5:30	aswathysniayam.7@gmail.com	Aswathy. S
2021/1/13 7:33:25 pm GMT+5:30	aleenaantoryva25@gmail.com	Aleena Antony.V.A
2021/1/13 7:35:29 pm GMT+5:30	aswathysniayam.7@gmail.com	Aswathy S







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		<p>2021/11/13 7:36:12 pm GMT+5:30                      2021/11/13 7:46:49 pm GMT+5:30                      2021/11/13 7:48:52 pm GMT+5:30                      2021/11/13 7:47:21 pm GMT+5:30                      2021/11/13 7:52:06 pm GMT+5:30                      2021/11/13 8:01:25 pm GMT+5:30                      2021/11/13 8:02:03 pm GMT+5:30                      2021/11/13 8:02:20 pm GMT+5:30                      2021/11/13 8:08:58 pm GMT+5:30                      2021/11/13 8:17:12 pm GMT+5:30                      2021/11/13 8:21:17 pm GMT+5:30                      2021/11/13 8:30:02 pm GMT+5:30                      2021/11/13 8:31:01 pm GMT+5:30                      2021/11/13 8:35:10 pm GMT+5:30                      2021/11/13 8:35:25 pm GMT+5:30                      2021/11/13 8:35:53 pm GMT+5:30                      2021/11/13 8:41:21 pm GMT+5:30                      2021/11/13 8:48:57 pm GMT+5:30                      2021/11/13 8:52:06 pm GMT+5:30                      2021/11/13 9:04:00 pm GMT+5:30                      2021/11/13 9:05:05 pm GMT+5:30                      2021/11/13 9:13:25 pm GMT+5:30                      2021/11/13 9:14:36 pm GMT+5:30</p>	<p>chirmaya4006@gmail.com                      shabaraachahul2009@gmail.com                      abthramilevu55555@gmail.com                      arizlasatan810@gmail.com                      nodrasudheer12@gmail.com                      maryadilly@gmail.com                      ananthusudheer@gmail.com                      devinandane899@gmail.com                      sunilaparna62@gmail.com                      afsanabiniazar113@gmail.com                      apenapradeep81@gmail.com                      varshavelayudhan12@gmail.com                      anuanikumart66@gmail.com                      sftabnazakeer003@gmail.com                      njhrirajen7@gmail.com                      akshay234564@gmail.com                      adithyanKC@gmail.com                      vaishnavV90@gmail.com                      fanyajaison10@gmail.com                      shifanasinr@gmail.com                      vaishakhypradeep@gmail.com                      rosnaroy2003@gmail.com                      deontsavio@gmail.com</p>	<p>Chinmaya K                      Shabana.S                      Abthrami TR                      Anzila Salam                      nodra sudheer                      Marya Dilly                      Ananthu Saigay K                      Dev. Nandana K                      Aparna sunil                      Afsana Bind Nazar                      Aporna pradeep                      Varsha v                      Anu C A                      SHABNA ZAKEER                      Nirajan N                      Akshay S                      Adithyan K. C                      Vaishnav VRI                      FANIYA JAISON                      Shifa nasrin T R                      Yaishakhy Pradeep                      Rosna Roy                      DEON DOMINIC SAVIDO</p>
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		<p>2021/11/14 1:28:36 am GMT+5:30                      2021/11/14 5:53:22 am GMT+5:30                      2021/11/14 7:27:03 am GMT+5:30</p>	<p>swethashndas@gmail.com                      ajude5443@gmail.com                      elizabethshilpa54@gmail.com</p>	<p>Swetha sirdas                      Antony jude                      Elizabeth Shilpa</p>
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		<p>2021/11/14 9:17:52 pm GMT+5:30                      2021/11/14 10:02:50 pm GMT+5:30                      2021/11/14 10:58:56 pm GMT+5:30</p>	<p>adranrajsh81@gmail.com                      menkitha01@gmail.com                      lathimaaj@gmail.com</p>	<p>Adra k.r                      Nikitha M C                      Fathima AJ</p>
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<p>16</p>	<p>Paste relevant photos of the program (if online, photo with date)- one image in one row, if more than one image add rows below and paste</p>	



*Mrudula Menon V.*  
**Mrudula Menon V.**  
**Principal-in-Charge**  
**The Cochin College**



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## Program Report

(1 June 2020- 31 May 2021)

### INIZIO-2020

Student Induction programme as per 'Deeksharambh' guidelines of UGC

22 Oct 2020 - 30 Oct 2020

Sl No		
1	Name of the Program	INIZIO-2020 Student Induction programme as per 'Deeksharambh' guidelines of UGC
2	Online/Offline	Online
3	Date	22 Oct 2020 - 30 Oct 2020 (5 days- details attached)
4	Time	9.30 am -4 pm
5	Organised by	Student Support Cell and IAQC
6	Resource person/persons	Attached
7	Coordinator/convenor	Dr Vineeth Kumar T V
8	Organising Committee	Dr Sindhu K Renjith S Arun Kumar G Haripriya Dr Lakshmisree Ms Jeffy Thomas Ms Noufiya C M Ms Neena Simon Ms Veena Nair R Vijaykumar Ms Keerthana Dr Smitha N R Dr Sathyanarayanan
9	Financial Assistance	Nil





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10	No of students participated	400-500
11	No of Faculty Participated	60
12	Public Participation (if any)	NIL
13	Detailed Report	Attached
14	Paste a clear screenshot (image) of the brochure. Date, title etc should be legible  One image in one row, if more than one image add rows below and paste	Attached
15	Paste list of participants (image)- one image in one row, if more than one image add rows below and paste	Attached
16	Paste relevant photos of the program (if online, photo with date)- one image in one row, if more than one image add rows below and paste	Attached
17	Online links if any	<a href="https://youtu.be/q1jlcZ-nHvk">https://youtu.be/q1jlcZ-nHvk</a>





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## INIZIO-2020

Student Induction programme as per 'Deeksharambh' guidelines  
of UGC

22 Oct 2020 - 30 Oct 2020

**\*Due to the present COVID-19 restrictions all sessions of the Induction program will be through Online Platforms (Google meet and You Tube streaming)**

The purpose of Deeksharambh - Student Induction Programme is to help new students adjust and feel comfortable in the new environment, inculcate in them the ethos and culture of the institution, help them build bonds with other students and faculty members, and expose them to a sense of larger purpose and self-exploration

Students Induction could cover a number of different aspects (SAGE):

**Socializing:** meeting other new students, senior students, student's union, lectures by Eminent People;

**Associating:** visits to University / college, visits to Dept./Branch/ Programme of study and important places in campus, local area, city and so on;

**Governing:** rules and regulations, student support etc;

**Experiencing:** Subject lectures, study skills, small-group activities, physical activity, creative and performing arts, literary activities, universal human values, etc.

### Induction Program-Important Guidelines

1. New students be informed that the Induction is mandatory non-credit course for which a certificate will be issued by the institution.
2. Each Department should collect feedbacks from students at the end of each day of the Induction Program- Google form
3. All departments should maintain the online attendance for all days of the induction Program







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## Induction Program Schedule (9.00am - 4.00pm)

### Day 1 - 22 Oct 2020:

Department Orientation, Ice breaking session, Feedback of day 1

### Day 2 - 23 oct 2020:

Principal's address (Institutional Orientation), Orientation on PTA of the college, Academic Orientation (Discussion of syllabus, Program outcome, Program specific outcome etc), Second language - Orientation, Mentor - mentee interaction (Department Activity)

Assignment 1: Write a page about any topic related to their subject

Feedback of day 2

### Day 3 - 27 Oct 2020:

**Health & Exercise** - Dr Manju V Subramanian, Assistant professor, Department of Zoology, The Cochin college. **Importance of being Physically active (Video Lecture), Experience sharing Alumni/seniors (department Google meet), Invited Lecture - Sooraj Abraham, Senior Executive Trainer, SparX Life skills, Topic: The Edge: Envision, Endeavour, Excel, Introduction & familiarisation to NSS (coordinator & student), Women's Guidance cell, Film Club, Debating & literary club, (Video lecture), 'New Normal Classes' - ICT Orientation, Dr Paulbert Thomas, Assistant Professor, Department of Electronics, The Cochin College, Mentor-Mentee interaction - Discussion on mandatory committees (Anti ragging, antinarcotics, students protection) & Knowledge FM**

Assignment 1 (upload in the google form provided)

Write 1-2 pages on a person you know who has influenced you a lot. You should have sufficiently interacted with that person. It may be a core family member / extended family member / teacher / neighbour (one may be encouraged to write about two persons, one from family and the other from the extended circle). Language - English / Malayalam

Feedback of day 3





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## Day 4 - 28 Oct 2020

*Yoga & Meditation (Video Lecture) by Dr Vineeth Kumar T V, Assistant Professor, Department of Zoology, The Cochin College, Experience sharing Alumni/seniors (Department Activity), Invited Lecture (live streaming) by Dr M C Dileep Kumar, Former Vice Chancellor, Sri Sankaracharya University of Sanskrit, Kalady, Topic: The Human in Human Capital : Importance of Positive Youth Development in Human Resource Development, Introduction & familiarisation to Science & quiz Club, Nature Club, WWS, SSP (Video lectures), An Introduction to SWAYAM Courses (video lecture) by Ms. Jeena Jayan, College librarian, The Cochin College, How to prepare power point presentation? (video lecture) by Dr Rajni B Bhat, assistant professor, department of commerce, The Cochin College*

*Assignment 2: Prepare Power-point slides on a topic: (environmental issue)*

*Feedback of day 4*

## Day 5- 30 Oct 2020

*Discussion of Assignments & discussion on career options in the subject & important institutions related to the subject, Invited Lecture (live streaming) by Dr A K Prema, Program Co-ordinator & Program in charge, IGNOU, Cochin Regional Centre, Topic: Emotional challenges and coping in adolescence, Introduction & familiarisation to career guidance, ED club, Cultural club, career guidance, sports MG University MOOC course (Video lectures), Report Preparation & submission on the Induction program by students*

*Feedback of day 5*

### **Concluding Remarks**

*Each department had spent at least 30 hours (5 days, 9.30am-4pm) for equipping the students for a fruitful college life. It's amazing that all together we had spent 325 hours for this program.*





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(Affiliated to Mahatma Gandhi University and Accredited by NAAC)

Website: [www.thecochincollege.edu.in](http://www.thecochincollege.edu.in)

email: [email@thecochincollege.edu.in](mailto:email@thecochincollege.edu.in)

*Starting with the Principal's address on the first day we had a vast variety of sessions-Three invited lectures, Two sessions of alumni interaction, Five sessions of department orientation, Sessions to introduce second languages, 16 Video presentations by various committees, Two sessions on health, yoga and exercise, Two tutorials on LMS, Google doc and PPT, Orientation on SWAYAM and MOOC, Five assignments and Five feedback forms.*





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## Program Schedule

INIZIO 2020

Induction Program Schedule

22 Oct 2020 - 30 Oct 2020

*\*Due to the present COVID-19 restrictions all sessions of the Induction program will be through Online Platforms*

### Day 1 - 22 Oct 2020

10.00 am-11 am : Department Orientation

From 11 am : Ice breaking session

Feedback of day 1

### Day 2 - 23 oct 2020

10.00am - 10.30am: Principal' s address (Institutional Orientation)

10.30am-11am : Orientation on PTA of the college

11.am-12 pm : Academic Orientation (Discussion of syllabus, Program outcome, Program specific outcome etc)

From 12pm : Second language - Orientation

1.30pm : Mentor -mentee interaction (Department Activity)

Assignment 1: Write a page about any topic related to their subject

Feedback of day 2

### Day 3 - 27 Oct 2020





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**9 am -9.30 am** : **Health & Exercise** - Dr Manju V Subramanian, Assistant professor, Department of Zoology, The Cochin college.  
**Importance of being Physically active (Video Lecture)**

**9.30-10.00am** : **Experience sharing Alumni/seniors (department Google meet)**

**10am-11.30am** : **Invited Lecture**

**Sooraj Abraham**

**Senior Executive Trainer, SparX Lifeskills**

**Topic: The Edge: Envision, Endeavour, Excel**

**11.30-12.30pm** : **Introduction & familiarisation to NSS (coordinator & student), Women's Guidance cell, Film Club, Debating & literary club, (Video lecture)**

**From 12.30pm** : **'New Normal Classes'- ICT Orientation**

**Dr Paulbert Thomas, Assistant Professor, Department of Electronics, The Cochin College**

**1.30pm** : **Mentor-Mentee interaction - Discussion on mandatory committees (Anti ragging, antinarcoitics, students protection) & Knowledge FM**

**Assignment 1 (upload in the google form provided)**

*Write 1-2 pages on a person you know who has influenced you a lot. You should have sufficiently interacted with that person. It may be a core family member / extended family member / teacher / neighbour (one may be encouraged to write about two persons, one from family and the other from the extended circle). Language - English / Malayalam*

**Feedback of day 3**

**Day 4 - 28 Oct 2020**

**9 am -9.30 am** : **Yoga & Meditation (Video Lecture)**

**Dr Vineeth Kumar T V, Assistant Professor, Department of Zoology, The Cochin College**

**9.30-10.00am** : **Experience sharing Alumni/seniors (Department Activity)**

**10am-11.30am** : **Invited Lecture (live streaming)**





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*Dr M C Dileep Kumar*

*Former Vice Chancellor*

*Sri Sankaracharya University of Sanskrit, Kalady*

*Topic: The Human in Human Capital : Importance of Positive Youth Development in Human Resource Development*

*11.30-12.30pm : Introduction & familiarisation to Science & quiz Club, Nature Club, WWS, SSP (Video lectures)*

*From 12.30pm : An Introduction to SWAYAM Courses ( video lecture)*

*Ms. Jeena Jayan, College librarian, The Cochin College*

*1.30pm : How to prepare power point presentation? (video lecture)*

*Dr Rajni B Bhat, assistant professor, department of commerce, The Cochin College*

*Assignment 2: Prepare Power-point slides on a topic: (environmental issue)*

*Feedback of day 4*

*Day 5- 30 Oct 2020*

*9 am -10 am : Discussion of Assignments & discussion on career options in the subject & important institutions related to the subject*

*10am-11.30am : Invited Lecture (live streaming)*

*Dr A K Prema, Program Co-ordinator & Program in charge IGNOU, Cochin Regional Centre*

*Topic: Emotional challenges and coping in adolescence*

*From 11.30pm : Introduction & familiarisation to career guidance, ED club, Cultural club, career guidance, sports MG University MOOC course (Video lectures)*







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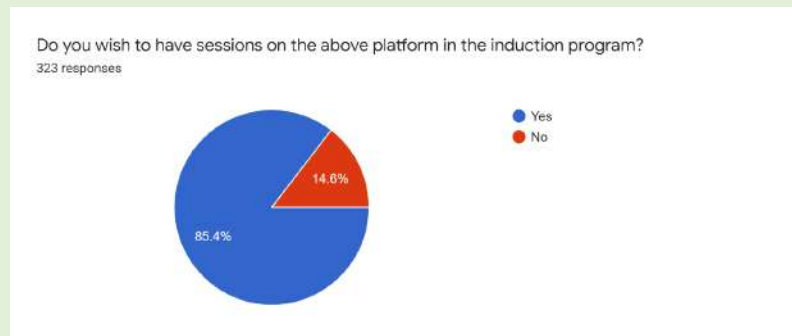
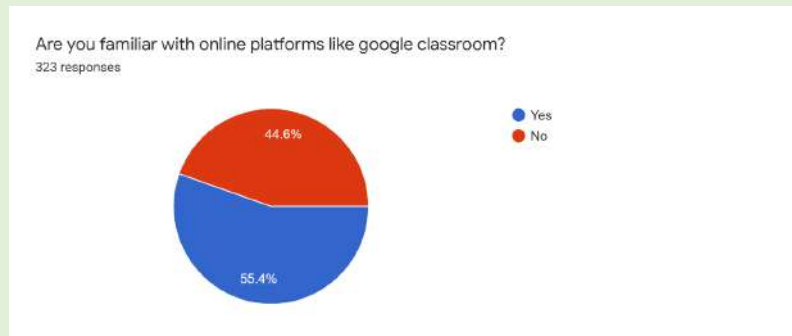
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1.30pm : Report Preparation & submission on the Induction program by students

Feedback of day 5

Students Feedback Day 1





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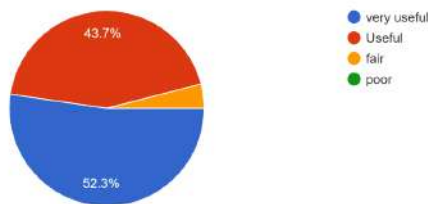
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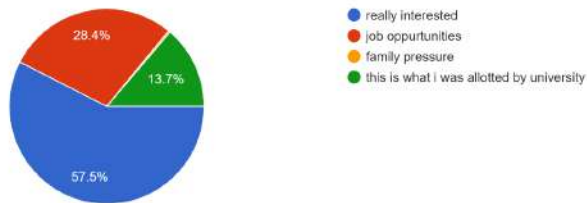
How was the department orientation Program?

323 responses



Why did you choose the subject ?

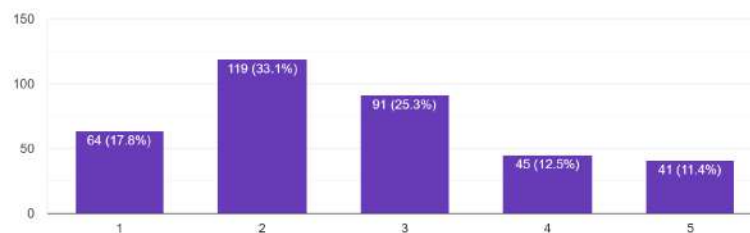
320 responses



## Students feedback- day 2

Grade your knowledge level of the university regulations before the induction program?

360 responses





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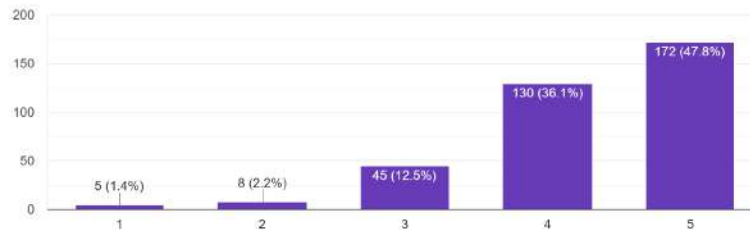
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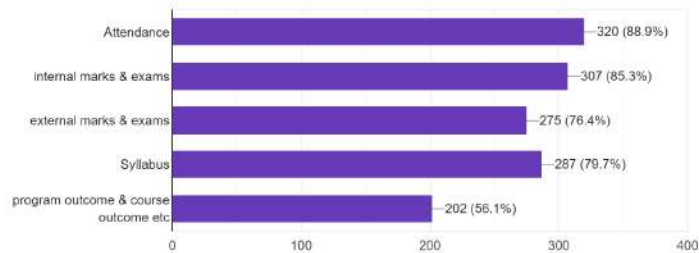
Grade your knowledge level of the university regulations after the induction program?

360 responses



Which all university regulations were discussed in the department orientation?

360 responses





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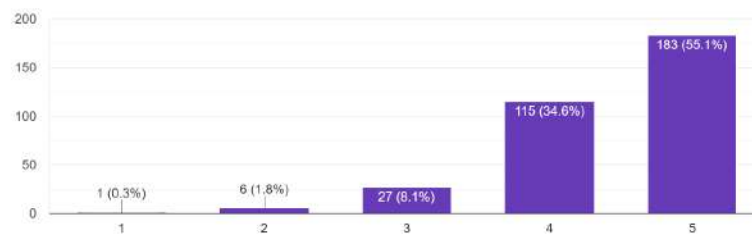
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## Students feedback- day 3

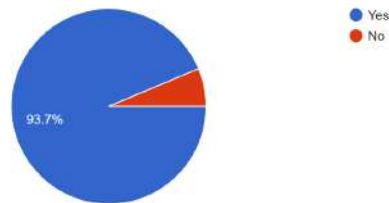
How do you rate the relevance of the topic discussed in session 1 (Health & Exercise)

332 responses



Did the alumni/ senior students interaction influence your view about the department and subject

332 responses



Was the invited lecture interesting?

332 responses





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Can you mention one aspect that influenced you in the invited lecture?

332 responses

- Her amazing personality and way of talking
- Puzzle
- Motivational
- Inspiration and motivational
- Motivating
- Good
- Nss
- He make me more confident in take my future goals
- I like the way she describe her collage life and her studies

Was the ICT session helpful?

332 responsees





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## Suggestions/ Comments

332 responses

It was very helpful

very interesting

It was really helpful

Nothing

No comments

Very interesting sections

Nice and helpful

Thankyou for the session 🍷

It was very good







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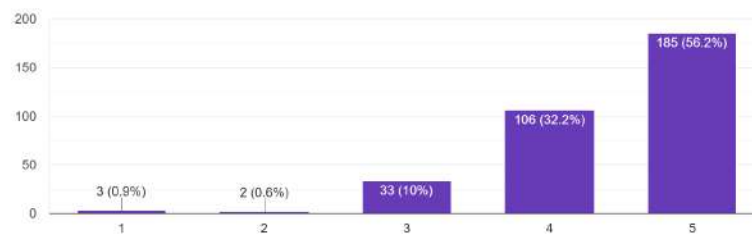
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## Students Feedback- day 4

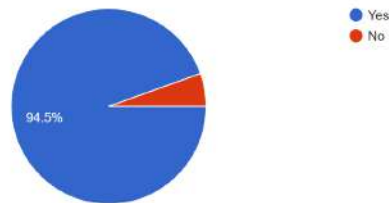
How do you rate the relevance of the topic discussed in session 1 (Yoga & Meditation)

329 responses



Did the alumni/ senior students interaction influence your view about the department and subject

329 responses



Was the invited lecture interesting?

329 responses





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Can you mention one aspect that influenced you in the invited lecture?

329 responses

- Speech
- Teach topics clearly
- It was good
- Motivation and class about yoga
- Yes
- Easily understandable
- Attitude
- All
- Nature club

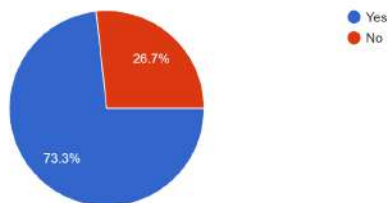
Was the session on MOOC courses helpful?

329 responses



Are you interested in doing MOOC courses?

329 responses





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Was the session on preparation of Power Point presentation helpful?

329 responses



Suggestions/ Comments

329 responses

- Good class and help us to study
- The classes was very helpful
- Excellent
- Amazing class
- PowerPoint presentation was really interesting and helpful.happy to learn something new
- Very good lectures
- Today's sections were interesting and really helpful
- Helpful classes
- Good sessions





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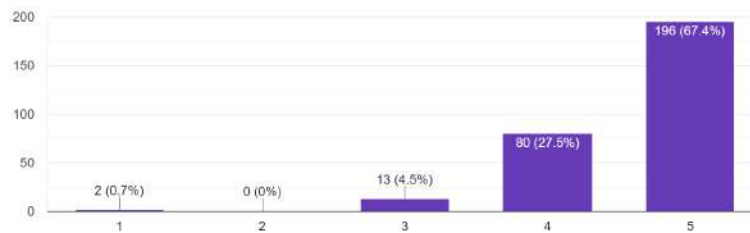
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## Students Feedback- day 5

How do you rate the relevance of the topics discussed during career orientation?

291 responses



Was the invited lecture interesting?

291 responses





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Can you mention one aspect that influenced you in the invited lecture?

291 responses

Presentation

Character

Entrepreneurship

Nothing

Different opportunities and scopes in Economics

The session about character building

Wonderful

Clear guidance

About Mooc courses

Suggestions/ Comments

291 responses

Nice

No suggestions

Excellent

Amazing

good

Helpfull

I really like the class

Todays clz is gud and interesting i like sameena and joseph sir more

Looking forward fir more





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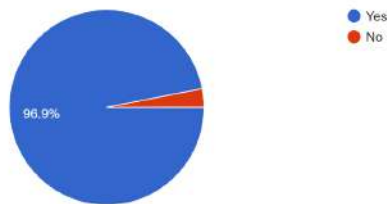
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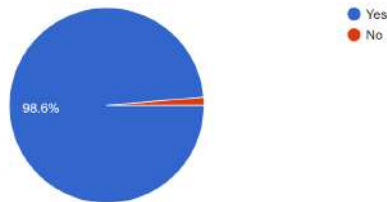
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## Program feedback

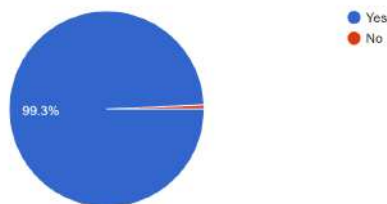
Do you agree that the sessions on physical activity and yoga relevant in this program?  
291 responses



Did you get an idea about the syllabus internal and external examinations and the other regulations of the university through the sessions meant for the same?  
291 responses



The interaction with alumni/seniors where included so that you can know the college the department and its activities from a student's perspective. did these sessions meet its objectives?  
291 responses







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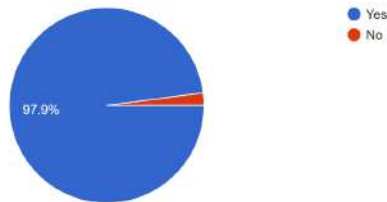
Was the invited talks helpful for you in any means?

291 responses



Did you get basic information about the higher education and career prospects available in your branch of study

291 responses



Apart from the technical difficulties faced due to the online mode, was the induction program helpful for you to a new academic life?

291 responses





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Did the assignments help you to get an initial training in google docs & slides?

291 responses



Suggest some topics that could have been included in the induction program

291 responses

Small video cochin college surroundings and old memories

It's already enough!!

NIL

All the teachers and staffs of the college clearly explained all the topics we get all the information about the college.

More about the college, campus and placements(companies)

When does our class starts

Could include question and answer sections .

Its good

Writers and books





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### Any other suggestions/comments

291 responses

Very nice invited lecture

Length of each session could be reduced. There is network issue. Charging issue also. So it is difficult attend lengthy session.

Nothing much

5day intro section was amazing and its not boring

It was good

Very helpful

Videos are too long 😞.....

It was really a nice programmes

very helpful and easy to learn





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## Program Report submitted by students

About 260 students uploaded the 5-day report. Four such reports is attached below

### Report by Ashique Sunil, BSc Zoology



## Inizio

### Day 1

- Class starts at 10.30am
- Smitha mam, manju mam, vineeth sir welcome us to the zoology department of Cochin college.
- Introduced about courses of zoology (complimentary, core and open courses)
- Explained about examinations, attendance, practicals, records etc.
- We all introduce ourselves.





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- *Alumnis shared their experiences*
- *Feedback submission*
- *End of the class .*

#### Day 2

- *Class starts at 9 am*
- *Smitha mam & vineeth sir explained about each semesters, modules etc.*
- *Then we have principal address to talk about the college.*
- *Alumnis shared their campus experience.*
- *We had second language class then*
- *Malayalam teachers welcome us to their subject world*
- *Vineeth sir talked about e-magazine which have to be published this year*
- *We had a assignment with the topic "life science recent topic 2020"*
- *Feedback submission*

#### Day 3

- *Starts at 9Am*
- *First we had a video about health & exercise*
- *We had started an biodiversity documentation given by Manju mam. we had to upload every species in & around the surroundings at least once a day*
- *Then we had an alumni talk. Kunjulakshmi, jeslin, Anna Jeffy, sumithra somnath joined the meet*

- *We had an YouTube live chat, session named "THE EDGE " .invited lecture Fire the inner ashes on all of us.*
- *Introduced NSS, women's guidance cell, film club, debating & literacy club through video lecture*
- *At 1.30pm orientation class of ICT about basic tutorial on linways LMS docs*
- *We had given an assignment on "inspired person in our life"*
- *Feedback submission*

#### Day 4

- *Class starts at 9am*
- *Video presentation on "yoga & meditation"*
- *Then we had met alumnis somanath pai sir and Anoop keshav sir. This was like a interaction session*





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- Then we had an invited lecture talk by Dr. Dileep Kumar sir
- Fourth session is about introduction to science & quiz club, Nature club, WWS, SSP through video lectures.
- Introduced "SWAYAM COURSES" to us
- We also had a class based on slide preparation. And we also have Assignment, slide preparation on the topic "environmental issues"
- Feedback submission

#### Day 5

- Class starts at 9Am
- Vineeth sir first talked about the career options after UG programme. It helps us to choose a better option.
- Second session is taken by Dr.A.K.prema (zoology head), retired staff of Cochin college. It's all about to face emotional challenge in the late adolescent period
- Then we were introduced to career guidance & placement cell, entrepreneurship development club, cultural club.
- Also introduce a compulsory online programme "ORGANIC FARMING" that every MGU students must attend.
- Feedback submission.
- End of orientation programme.







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## INZIO 2020 – INDUCTION PROGRAM

Kochi, 31<sup>st</sup> October, 2020

An Induction program was organised by Cochin College, which was held from 25<sup>th</sup> to 30<sup>th</sup> October 2020 for the new students of the College. On the first day, we met our Respected Principal Mridula Ma'am, HOD of English Dept. Soney Ma'am, Class Teacher Neena Ma'am, Co-class Teacher Sarah Ma'am and HOD of Hindi Dept. Srividya Ma'am through GOOGLE MEET. The session started with the introduction of College and department orientation. Next day, we had a self introduction and they give information regarding University regulations, academic details, etc. And after the session, we got an assignment on the topic: "THE WORLD SEEN FROM 18 YEAR OLD EYES". Each day we had to give our feedback. On 3<sup>rd</sup> day of the program, we attended a small workshop on "HEALTH AND EXERCISE". Then, we had an interesting session from one of the Alumni of our college i.e. Alicen Ma'am, The Asst. Professor of Aquinas College. She shared her experiences in our College as well as cleared our anxieties as new students of the College. Afterwards, we had a short class about how to use Google Docs and how it works. At the end of the day we got an assignment on the topic: 'A Person Who Influenced You'. On the fourth day, we had another workshop on "YOGA AND MEDITATION". After that, we got a chance to meet Miss. Mayuri IAS, another notable Alumna of our college. She inspired us and told that 'nothing is impossible'. She cleared all our doubts and encouraged us. Then, we had a MOOC session and got another assignment create a power point presentation on "Any recent environmental problem in India". At the Last day, we met Prema Ma'am, who gave us information about adolescence. In addition, we had an interactive and informative session with Daisy Ma'am, who gave us an idea on various job opportunities that we've after completing this course. It was a great program, which was really helpful to us.

Varsha Suresh  
B.A. English 1<sup>st</sup> year Student





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*Reshma, B Com Computer Application*

## REPORT

*The objectives of the programme 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 natur*

*e. The Time during the induction program is also used*

*To rectify some critical lacunas sensitize them towards exploring our academic  
Interest and activities, build relation between teacher and students and overall  
Personality development.*

### **Day:1 22.10.2020**

*The day one program is started at 10.00am. The teachers and Students are  
introduced themselves. Inspirational quotes and motivational sayings have  
an amazing ability to change the way we feel about life. This is why I find  
them so interesting and crucial on our paths to success*

### **Day:2 23. 10.2020**

*The day was started with department orientation on syllabus. The principal  
Mrudula officially welcome all the students to the college. And PTA member  
also address. After that the teachers who teach hindi, malayalam and English  
introduced themselves and gave an introduction to the subjects. You can  
decide what you are going to think in any given situation. Your thoughts  
and feelings determine your actions and determine the results you get. It all  
starts with your thoughts – and I have found that inspirational words are a  
quick way to retune your thinking.*

### **Day3:27.10.2020**





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*The day was started with a video lecture of health and exercise. After that Alumni and seniors share the experience about the cochin college. And there is invited lecture by sooraj Abraham and he described the importance of education and also he gave the impression of the life of college in beautiful words. Retired army officer ajay gosh sir Shares his experience of cochin college and military life with students. The exercise mentioned in this excerpt of my personal development philosophy is one of the keys to gaining clarity for what you really want in life. Start with a clear vision of your ideal life and happiness, then work backward to achieve it.*

#### **Day4.28.70.2020**

*The day was started with yoga and meditation classes. After that Dr.suryakala mallayya the director of fisheries college panangad share experience of cochin college. And after that the introduction and familiarisation to science and quiz club, nature club and the various club conducted by the college. And the day was end the power point presentation of students.*

#### **Day5.30.10.2020**

*Chandrakala C. D the principal of government higher secondary school calvethy*

*Share her experience of cochin college. And the 2 senior students of cochin college introduce themselves and share there experience of cochin college. And also welcomed Juniors officially.*

**Thank you**





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*Anagha Sudev, B Com Computer Application*

## **REPORT ON INDUCTION CLASS (2020)**

Induction Class provided by our teachers was very useful to know more about our college and the services provided by our college staffs and our teachers . Our class was started on 22 nd of October And experienced a lot of characters in that class. It was very useful especially for the students who were from long distance. All of the teachers , Allumni and faculties where very encouraging for us.

### **DAY 1 (22.10.2020):**

Class was started at morning 10 am and at 11 am the class was winded up. This day was an unforgettable day were we met our classmates. Both teachers and students were introduced themselves . Teachers also explained us about the subjects that we have to take in. We were also given a feedback form to be filled in.

### **DAY 2 (23.10.2020):**





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Class was started at morning 9 am and was winded up at noon 1:30 pm. The Class was about department orientation. At 10:30am our Principal was there to address us . At 11:30 our second language teachers was there to introduce themselves to us and they was also making us to know about the books that we have to take in. We're given a essay writing project on the topic ' ANY PERSONALITY' and was also given a feedback form to be filled in.

## **DAY 3(27.10.2020):**

Class was started morning at 9 am and at first we we're having a class on importance of health and exercise. At 9:30 we had a senior/alumni Col. P. K Ajay Ghosh (Retd) who had 33 yrs of service in Indian army , former Principal of Military college to share his experience in our college and also the experience in his life after the life in our campus. After that we had a live stream class by an invited lecture. Also had a class by respected members about the various clubs and committees in our campus. We were also given a project to write an essay on the topic ' THE PERSON WHO INFLUENCED THE MOST '. And at last we were given a feedback form that has to be filled in.

## **DAY 4(28.10.2020):**





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Class was started on 9 am and at first we had a class on importance of yoga and meditation then we had a live stream class of Alumni Dr. sooriyakala Mallaya, Director Fisheries College, Panangad .

And had a live stream class of an invited lecture. Then we had an introduction class of swayam courses. And last we're asked to make a power point presentation on the topic 'THE ENVIRONMENTAL ISSUES' . And also we're given a feedback form to be filled in..

## **DAY 5(30.10.2020):**

Class was started on 9 am and at first we had a session where our teachers gave us a brief description of the subjects that we have to take in. After that we had a live stream session of an invited lecture

Chandrakala C.D , Principal of Govt.Higher secondary School, Calvethy.

And we're addressed by our seniors and had a class on carrier Options that we have in our subject that we opted in. Also we're asked to submit a report on the class we had in these 5 days. And at last we we're given a feedback form to be filled in.







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Thanking all our teachers and staffs of our campus for giving us a wonderful platform to know more about our campus and our subjects...

**THANK YOU....**





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*Reflections from INIZIO 2020*

