



**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	<b>Financial Assistance</b>	Nil
10	<b>No of students participated</b>	400-500

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

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

- **Vote of Thanks**

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

1. **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
2. **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
3. **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**

1. **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
2. **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)



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

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

- 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
- 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**

- 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
- 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**

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

- **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:**

- 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:**

- 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)

- **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

- 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.

- **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

## 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



## 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

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

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](#)

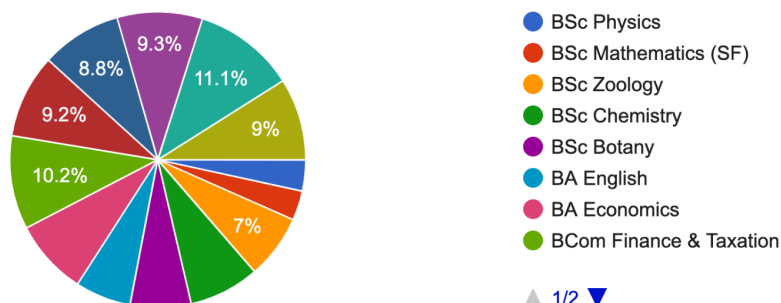
Or Scan



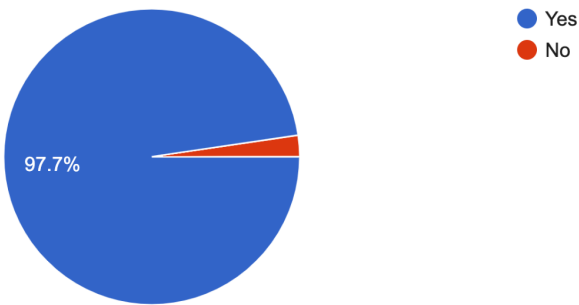
## DAY: 1 STUDENTS FEEDBACK

Subject

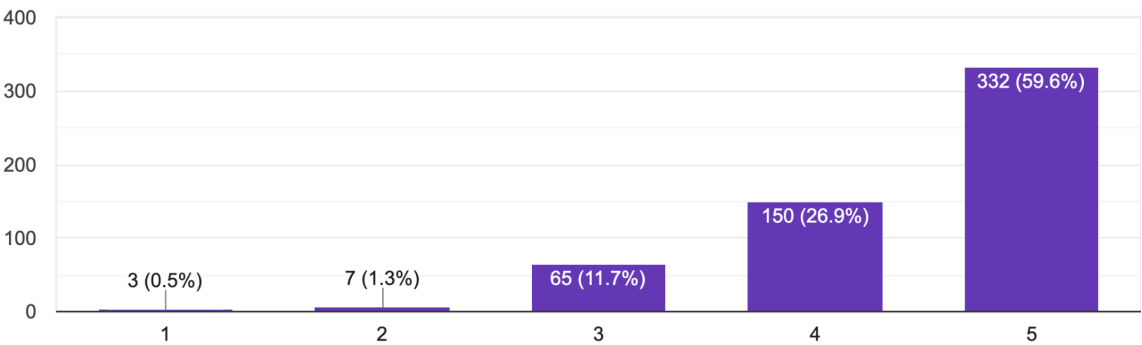
557 responses



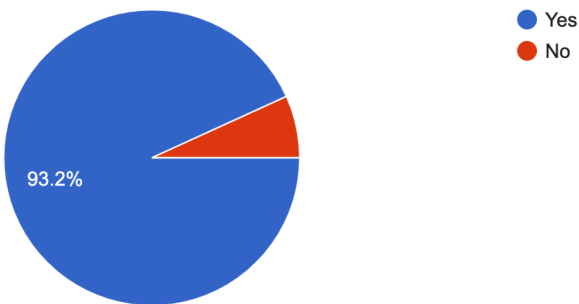
Was the Institutional orientation helpful in familiarising the clubs/committee activities in the college  
557 responses



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



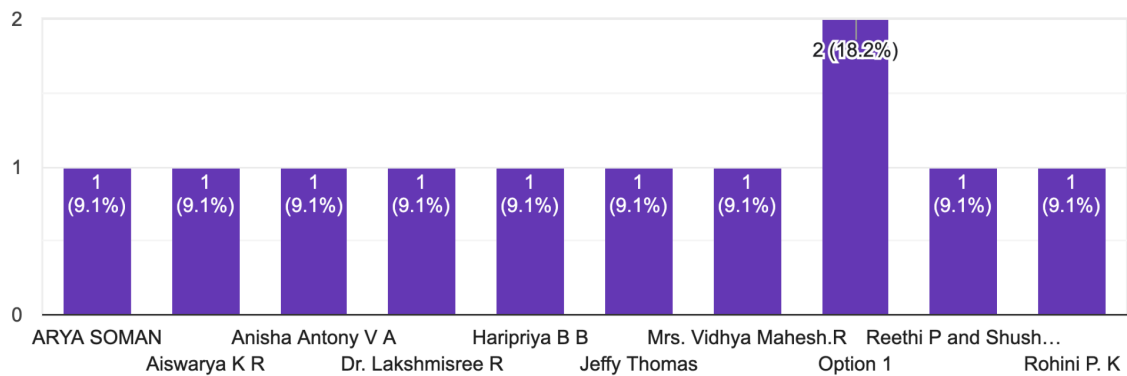
Where you able to complete task 1 and submit without much difficulty  
557 responses



## Overall feedback of INIZIO 2023 (department coordinators)

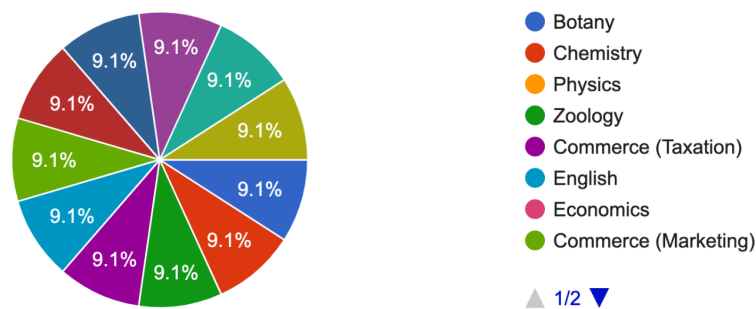
### Name of the coordinator

11 responses



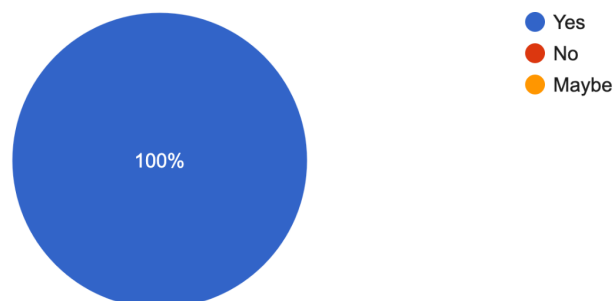
### Department

11 responses

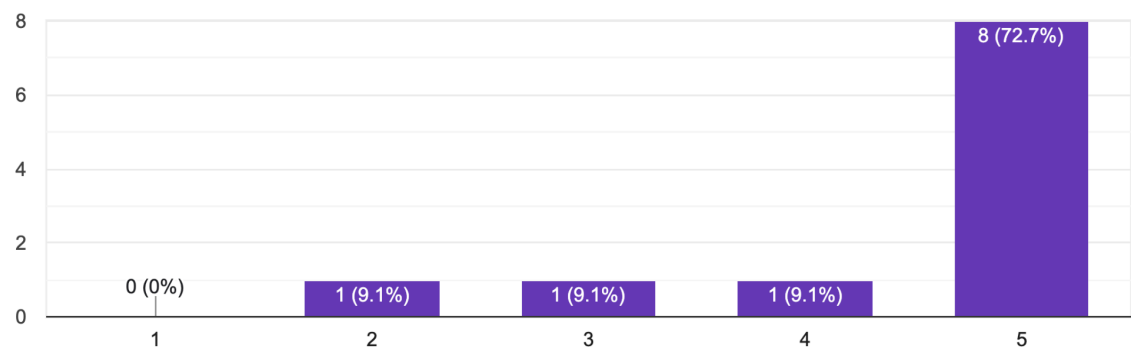


### Did the program content align with the intended goals and objectives of the induction program?

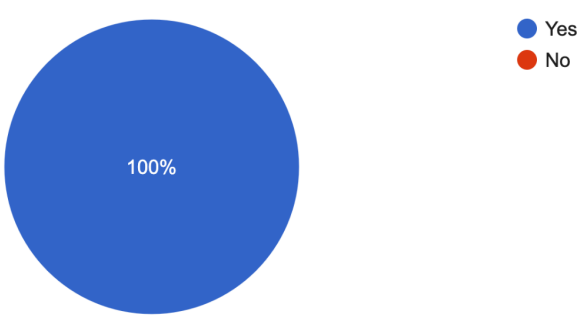
11 responses



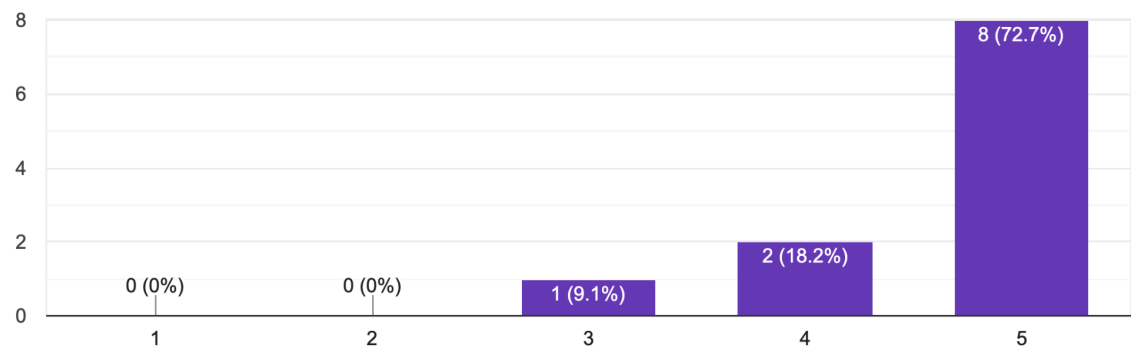
How well was the program structured to ensure a smooth flow of events and activities?  
11 responses



Were roles and responsibilities clearly defined for all coordinators?  
11 responses

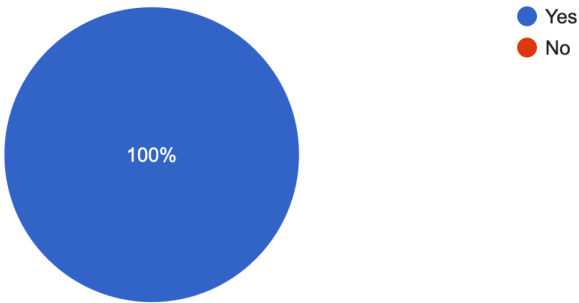


How engaged were the participants throughout the induction program?  
11 responses



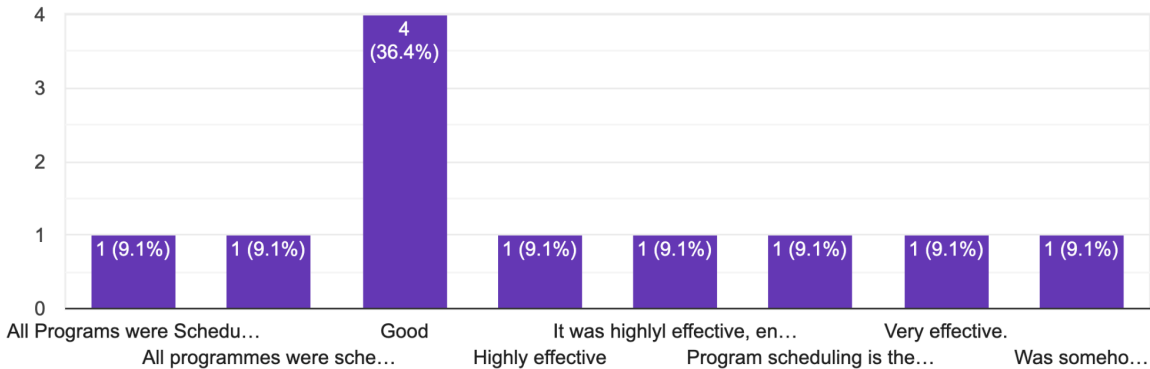
Did the program include interactive elements to encourage participant engagement and participation?

11 responses



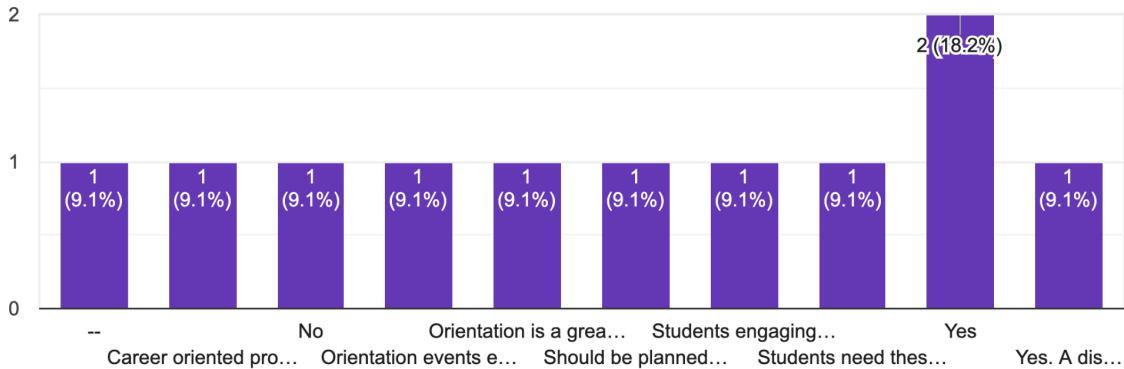
How effective was the communication strategy for informing participants about the program schedule, changes, and important details?

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





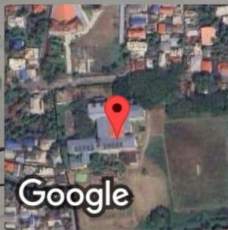
## PHOTO GALLERY











**Kochi, Kerala, India**

W7X2+VRW, Cochin College Rd, Koovapadam, Chullickal, Kochi, Kerala 682001, India

Lat 9.949266°

Long 76.251946°

12/10/23 11:48 AM GMT +05:30

 **GPS Map Camera**




**Kochi,KL,India**

Cochin College Road, Chullickal, Kochi, 682002, KL, India

Lat 9.949020, Long 76.252080

10/09/2023 01:48 PM GMT+05:30

Note : Captured by GPS Map Camera

 **GPS Map Camera**











Website

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

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





# Resource persons

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

## 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.



***Mujeeb Mohammad***



***Liyas Kareem***



***Rasheed Ashraf***



***Sooraj Abraham***

### Topics

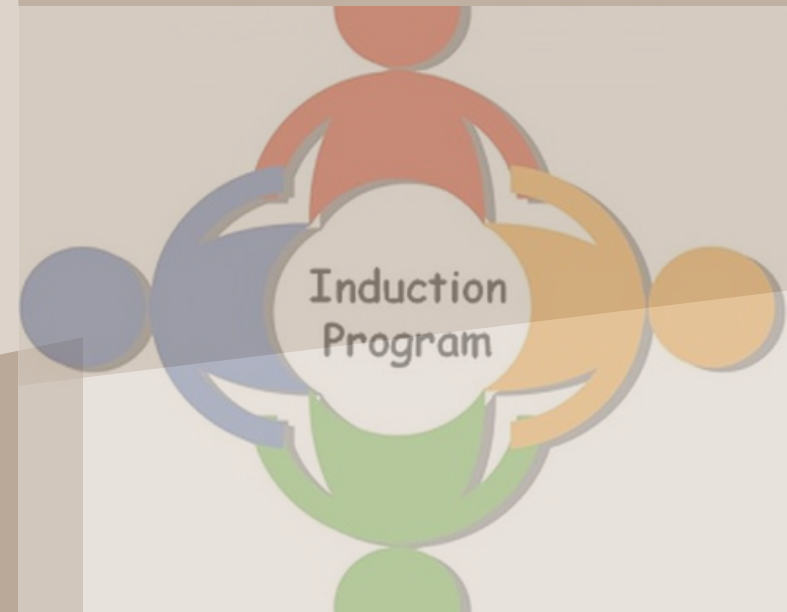
1. College Education towards Responsible Citizenship
2. Codes of Classroom Conduct
3. Teamwork towards Common Goals

**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**



# 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**



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



**Topics :**

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

***P V Savitha Shenoy***

**Cluster  
Programme  
Manager**

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



***Dr. Praveen G. Pai***

***Geriatrician, Gerontologist and  
Public Health Specialist.***

