

Programme Report

INIZIO 2022

12 Dec 2022 – 16 Dec 2022

Sl 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

		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

17	Online links if any	<u>Attached</u>
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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

Programme Brochure



IQAC-THE COCHIN COLLEGE
& STUDENT SUPPORT CELL

INIZIO 2022

STUDENT INDUCTION PROGRAMME AS PER DEEKSHARAMBH GUIDELINES OF UGC
FIVE DAY ORIENTATION PROGRAMME FOR
2022-2025 UG STUDENTS
DECEMBER 12TH TO 16TH

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

Day 3 – 14 Dec 2022

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

Day 4 – 15 Dec 2022

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

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 & Meditation (Video Lecture) Dr.Vineeth Kumar T.V, Assistant Professor, Department of Zoology, The Cochin College</i>
10.30am-11.30am	<i>Alumni Interaction (Department activity)</i>
11.30am-12.30pm	<i>Mentor -mentee interaction: Unleash your Talent 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 & submission of Report on the Induction program by students.</i>
Feedback of day 5	

Day 6

Students Feedback and Report

Photos of the events



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
6. Nature Club - <https://youtu.be/kPMtPeB0aLs>
7. Career Guidance & Placement Cell - 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/2Dvl7s1AtXw>
12. Dramatics Club - <https://youtu.be/czJLZ-FSv88>
13. Literary and Debating Club - https://youtu.be/KzaHG6Z_U_s
14. Cultural Club - <https://youtu.be/Pp7vw2NQWsg>
15. Science & Quiz Club - <https://youtu.be/2Dvl7s1AtXw>

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

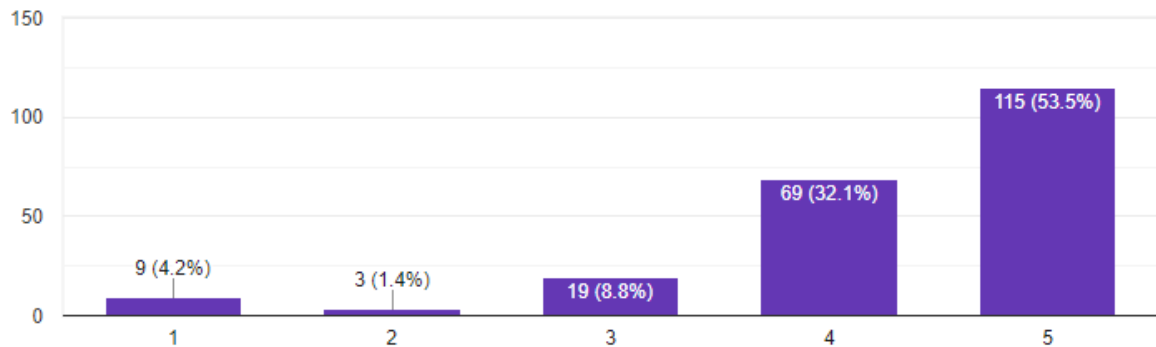
Ayana MS

Students Feedback Day 1 & 2

How do you rate the relevance of the topic discussed in session THE SCIENCE OF LEARNING, CREATIVITY AND PROBLEM-SOLVING

 Copy

215 responses



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

Mention the simple technique to beat procrastination

215 responses

Pomodoro

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More willpower and confidence

Cheating amygdala

Pomodoro technique

Pomodoro technique

Take 5 min break after every 25 min

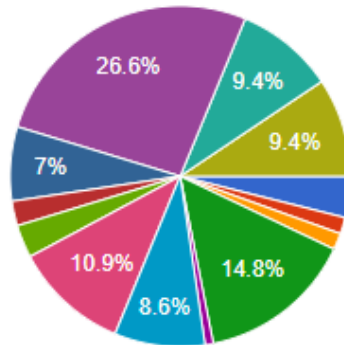
Cheating amygdala

Pomodora

Student Feedback Day 3

Subject

128 responses

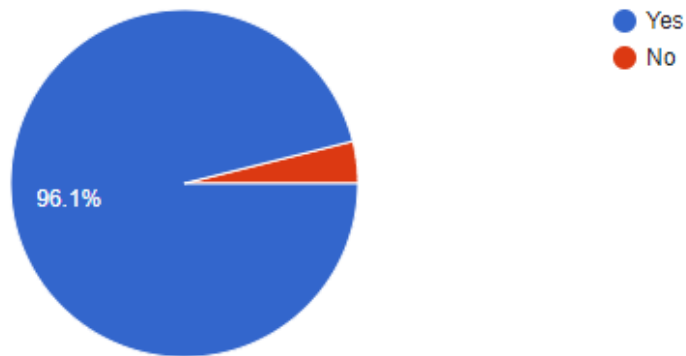


- BSc Physics
- BSc Mathematics (SF)
- BSc Zoology
- BSc Chemistry
- BSc Botany
- BA English
- BA Economics
- BCom Finance & Taxation

▲ 1/2 ▼

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

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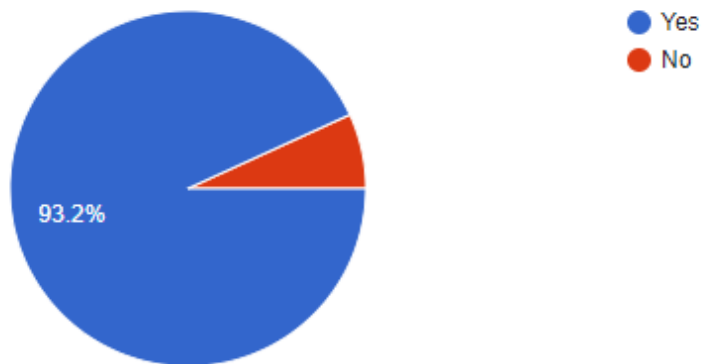
Search and gain knowledge as much as you can

Improve studies

Student Feedback Day 4

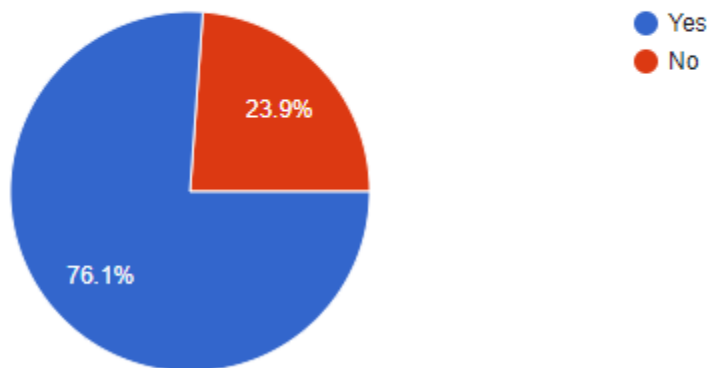
Did the session on various add on courses provided by the institute help you in familiarising and choosing one add on for the year?

88 responses



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

88 responses



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

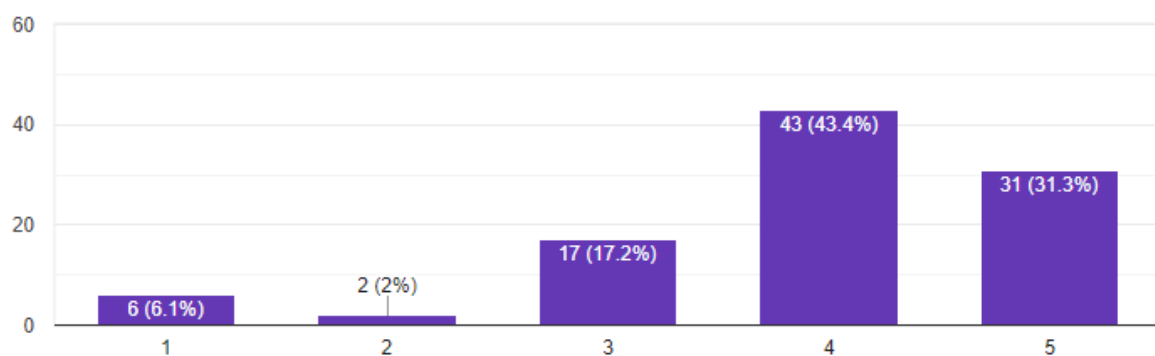
It was a good class but I didn't understand some points

Student Feedback Day 5

How do you rate relevance of the session Yoga and Meditation

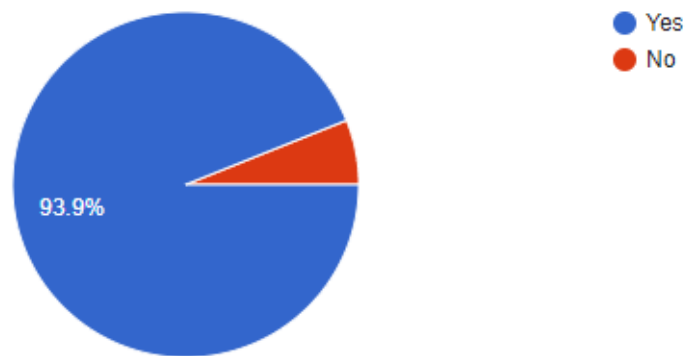
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99 responses



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

99 responses



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

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

The orientation class was helpful. It helped me a lot in finding my passion 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 in our jobs in our future life and thought us to create a better human person in society.

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 5th 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 Si. 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 toplevel. 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....

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