

STUDENT INDUCTION REPORT 2025-26

A Charutar Vidya Mandal's
S. M. PATEL COLLEGE OF HOME SCIENCE
(An Autonomous Institution Affiliated with Sardar Patel University)
Vallabh Vidyanagar-388120, Dist. Anand, Gujarat, India



A Charutar Vidya Mandal's
S. M. PATEL COLLEGE OF HOME SCIENCE

(An Autonomous Institution Affiliated with Sardar Patel University)
Vallabh Vidyanagar-388120, Dist. Anand, Gujarat, India

“DEEKSHARAMBHA 25-26”

Induction Program for the First Year Students

(Date: 03rd - 10th July 2025 Time: 10.30 am – 12.30 noon)

S. No.	Program	Date
1.	Personal Safety & Self Defence Training	03-05 July 2025
2.	➤ Overview of the Induction Program ➤ About Internal Quality Assurance Cell ➤ Introduction of Departments, various Clubs & their activities	07 July 2025
3.	➤ ‘Human Values’ A talk by Shri R.C. Talati ➤ Yoga ➤ Meditation	08 July 2025
4.	➤ Ice Breaking Session with the seniors ➤ Library Orientation	09 July 2025
5.	➤ Motivational Talk on the event of Guru Purnima: By BK Jagrutiben ➤ Orientation Session with Parents ➤ Information about scholarships & welfare schemes for students ➤ Parents Feedback ➤ Vote of Thanks	10 July 2025

Personal Safety and Self-Defence Training

Recognizing the importance of personal safety and empowerment in today's world, a three-day **Personal Safety and Self-Defence Training Programme** was organized for the students in collaboration with **PRATIBHA Academy**. The programme aimed to equip students, particularly young women, with the knowledge, confidence, and practical skills necessary to protect themselves in challenging situations.

During the training sessions, expert instructors from the academy guided students through various aspects of physical fitness, situational awareness, and self-defence techniques. The participants were taught effective methods to respond to potential threats, escape from unsafe situations, and use basic self-defence strategies to ensure their personal safety. Emphasis was also placed on building self-confidence, mental alertness, quick decision-making, and emotional resilience.

The hands-on training provided students with opportunities to practice defensive moves and techniques under professional supervision, helping them develop both physical preparedness and confidence. The programme highlighted the significance of staying vigilant, maintaining personal boundaries, and adopting preventive safety measures in everyday life.

Overall, the training programme proved to be highly beneficial, empowering students with essential life skills and fostering a sense of self-reliance, confidence, and security. It reinforced the institution's commitment to the holistic development and well-being of its students.

About the Internal Quality Assurance Cell (IQAC)

The students were introduced to the Internal Quality Assurance Cell (IQAC), which plays a pivotal role in promoting and sustaining quality in all academic and administrative activities of the institution. The session familiarized students with the objectives, functions, and initiatives undertaken by the IQAC to ensure continuous improvement in teaching-learning processes, research, extension activities, and student support services.

Students were informed about the various quality enhancement measures implemented by the institution, including feedback mechanisms, academic audits, skill development programmes, and best practices. The session helped them understand the institution's commitment to excellence and encouraged their active participation in quality-related initiatives for their overall academic and personal development.

Introduction to Departments, Various Clubs and Their Activities

As part of the induction programme, students were provided with a comprehensive introduction to the various academic departments of the institution. Faculty members acquainted them with the courses offered, departmental facilities, academic opportunities, and career prospects associated with their respective disciplines.

Students were also introduced to the different clubs and committees functioning within the college, such as cultural, literary, sports, environmental, entrepreneurship, NSS, and other student-led clubs. Information regarding the objectives, activities, and achievements of these clubs was shared to encourage active participation beyond academics. The session highlighted the importance of co-curricular and extracurricular engagement in developing leadership qualities, teamwork, creativity, communication skills, and social responsibility. Students were motivated to join clubs of their interest and make the most of the diverse opportunities available on campus.

Human Values – A Talk by Shri R. C. Talati

A thought-provoking session on **Human Values** was delivered by Shri R. C. Talati, an eminent speaker and mentor. The session emphasized the importance of ethical conduct, integrity, compassion, responsibility, and respect in personal and professional life. Through inspiring examples and practical insights, students were encouraged to cultivate values that contribute to their overall character development and responsible citizenship.

Shri Talati highlighted the significance of maintaining a balance between academic excellence and moral values, stressing that true success is achieved through honesty, empathy, and commitment to societal welfare. The interactive session motivated students to reflect on their attitudes, behavior, and life goals, thereby fostering a value-based approach to education and life.

Yoga

A special session on **Yoga** was organized to promote physical fitness, mental well-being, and a healthy lifestyle among students. The session introduced participants to the fundamentals of yoga and its benefits in enhancing flexibility, strength, concentration, and overall health.

Under the guidance of trained instructors, students practiced various yogic postures (asanas), breathing techniques (pranayama), and relaxation exercises. The session emphasized the importance of incorporating yoga into daily life to maintain physical vitality, reduce stress, and

improve emotional balance. Students actively participated and gained awareness of the role of yoga in achieving holistic well-being.

Meditation

A **Meditation** session was conducted to help students develop mental clarity, emotional stability, and inner peace. The session focused on techniques that enable individuals to calm their minds, improve concentration, and manage stress effectively.

Students were guided through simple meditation practices designed to enhance mindfulness, self-awareness, and relaxation. The resource person explained how regular meditation can improve focus, emotional resilience, decision-making abilities, and overall mental health. The session provided students with practical tools to cope with academic pressures and encouraged them to adopt meditation as a regular practice for personal growth and well-being.

Ice-Breaking Session with Seniors

The Ice-Breaking Session with Seniors is an engaging and interactive activity organized as part of the Student Induction Programme (SIP) to help newly admitted students feel comfortable and connected within the college community. This session provides a friendly platform for freshers to interact with their senior students in an informal and welcoming environment.

Through a variety of fun-filled activities, group discussions, games, and introductions, students are encouraged to communicate openly, share their interests, talents, and aspirations, and develop meaningful relationships. Seniors play an important role in guiding newcomers by sharing their experiences, offering practical advice on academics and campus life, and helping them understand the culture and traditions of the institution.

The session aims to reduce anxiety, build confidence, foster a sense of belonging, and promote healthy student-to-student relationships. It also encourages teamwork, mutual respect, and effective communication among participants. By interacting with seniors, freshers gain valuable insights into academic expectations, extracurricular opportunities, student support services, and strategies for personal and professional growth.

Overall, the Ice-Breaking Session serves as a bridge between senior and junior students, creating a supportive and inclusive atmosphere that helps newcomers adjust smoothly to college life and embark on their academic journey with confidence and enthusiasm.



A Charutar Vidya Mandal's
S. M. PATEL COLLEGE OF HOME SCIENCE

An Autonomous Institution
Affiliated with Sardar Patel University
Vallabh Vidyanagar-388120,

"DEEKSHARAMBHA 2025-26"
For the First Year Students

*Dear Parents,
On this Guru Purnima,
We are delighted to invite you to attend
The Orientation Programme
for the academic year 2025-26*

 **Date: 10th July 2025**

 **Time: 10.30 A.M.**

 **Venue: College Auditorium, First Floor**

Dr. Bhavana Chauhan
Principal

Ms. Kalpana Srivastava
Vice President

"गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः। गुरुः
साक्षात् परं ब्रह्म तस्मै श्री गुरवे नमः।"

Happy Guru Purnima



Motivational Talk on the Occasion of Guru Purnima – By BK Jagrutiben

A motivational talk was delivered by BK Jagrutiben on the auspicious occasion of Guru Purnima. The session highlighted the importance of teachers, mentors, and spiritual guides in shaping one's life and inspired students to cultivate values such as gratitude, discipline, and self-improvement.

Orientation Session with Parents

An orientation session was conducted for parents to familiarize them with the institution's academic framework, rules, facilities, and student support services. The session aimed to strengthen the partnership between parents and the institution in fostering student success.

Information about Scholarships and Welfare Schemes for Students

Students and parents were informed about various scholarships, financial assistance programmes, and welfare schemes available through the government and the institution. The session guided them on eligibility criteria, application procedures, and benefits.

Parents' Feedback

Parents were invited to share their feedback and suggestions regarding the induction programme and institutional facilities. Their valuable inputs provided insights for further improvement and strengthened parent-institution engagement.

Vote of Thanks

As part of the **Deeksharambh tradition**, this program was beautifully aligned with the celebration of **Guru Purnima**, where together—**teachers and parents**—extended their heartfelt blessings to the young learners as they embark on this new chapter.

The programme concluded with a formal Vote of Thanks, expressing sincere gratitude to the guest speakers, parents, faculty members, supporting staff and students for their active participation and contribution to the success of the induction programme.

"Every great achievement begins with the courage to take the first step. May this new academic journey inspire our students to learn, grow, and achieve their dreams. Wishing them every success ahead."

Snapshots of the Program







