



Laxminarayan Institute of Technology Rashtrasant Tukadoji Maharaj Nagpur University

A Report on Three Week Student Induction Programme

SIP 2019-20

Established in 1942

www.litnagpur.in



Laxminarayan Institute of Technology, Nagpur

In the beginning of the new session of the academic year 2019-20 a **“Three Week Student Induction Programme (SIP)”** has been conducted at Laxminarayan Institute of technology, Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur for First Year B. Tech Chemical Engineering and Chemical Technology students during 05/08/2019 to 25/08/2019. The objectives of organizing this three week SIP are to inculcate regular life style and professional discipline, develop good relation between teachers and students, motivating students towards studies, get students to reflect on their own goals, enhancing professional and language skills to name a few. In view of this, time table of the SIP was designed for three weeks and the same has been uploaded on our website www.litnagpur.in well in advance.

The committees have been constituted by the Director for smooth conduct of the programme. The programme commenced with the inaugural ceremony, followed by the address of the Director, LIT with emphasis on the rules and regulations of the institute, code of conduct and the pattern of RTM Nagpur university theory and practical examinations. Parents were invited. The Director urged the parents to have a constant watch on the performance as well as the attendance of their ward as the minimum requirement of attendance to appear for the university examinations is 75 %.

The detailed schedule and a comprehensive report on this three week programme along with related photographs (day wise) are presented in this document.

SIP SCHEDULE						
DATE/ DAY	10:30 a.m. to 1:00 p.m.	1:00 to 2:00 p.m.	2:00 p.m. to 4:00 p.m.		4:00 to 5:00 p.m.	
05/08/19 Monday	Students registration and Director's address (Interaction with students and parents)	B	Rao Bahadur D. Laxminarayan – A Journey of Divine Donor (Dr. RB Mankar)	Awareness on various grievance cells (Dr. Mrs. SA Pande)	SPORTS	
06/08/19 Tuesday	UHV-I Life skills (Dr. Mrs. SP Dautpure)		Time management (Dr. RB Mankar)	Campus/ Departments visit		
07/08/19 Wednesday	Communication Skills- It's role in today's life (Dr. Mrs. NT Kalyani)		Introduction to Chemical Engineering and Technology (Prof. SL Pandharipande)			
08/08/19 Thursday	Career development and Placements (Dr. RP Ugwekar)	R	Swachh Bharat Abhiyan (NSS) (Dr. NM Patil/Dr. VB Pawade)			
09/08/19 Friday	Guest lecture on Universal Human Values (UHV-II) (Dr. Amol Deshmukh)		UHV – III Happy thoughts (Mr. Anil Onkar)			
10/08/19 Saturday	Inner Engineering (YOGA) (Dr. GM Deshmukh)		-			
11/08/19	SUNDAY					
12/08/19	BAKRI EID					
13/08/19 Tuesday	Soft Skills (Dr. Yogesh Deshpande) Team Building (Dr. JP Giri)	E	UHV -IV Science of well-being: happiness (Dr. SM Wagh)			
14/08/19 Wednesday	AZADI Celebrations (Quiz/ Essay writing/ Debate)		Lecture on Gandhi'an thoughts /Movie on Gandhiji (Prof. RP Birmod)			
15/08/19	INDEPENDENCE DAY (Street play and patriotic songs)					
16/08/19 Friday	UHV -V (Dr. SU Meshram)	A	UHV-VI Art of living (Mr. Swapnil Jadhav)			
17/08/19	PARSI NEW YEAR					
18/08/19	SUNDAY					
19/08/19 Monday	UHV-VII Guest lecture on Stress management (Mr. Anil Onkar)	K	UHV -VIII Sustainable Development (Dr. SU Meshram)			
20/8/19 Tuesday	Creative arts (Dance/Singing/Poetry/ Drama/ Sketching)		UHV (IX) Building Nationalistic Character (Prof. Mrs. PJ Giri)			
21/08/19 Wednesday	Traffic Awareness/rules (Mr. Shrikant Gudadhe) Motivational Talk (Mr. Sharad Borkar)		UHV-X Competency and commitment (Dr. SM Wagh)			
22/08/19 Thursday	UHV-XI Importance of ethics in today's technology (Dr. Nilesh Ugemuge)		UHV-XII Environmental ethics (Dr. ML Meshram)			
23/08/19 Friday	Overview on B. Tech curriculum/credit system (Dr. BA Bhanvase)		Open discussion: My dream India in technology point of view (Dr. Mrs. NT Kalyani)			
24/08/19 Saturday	Mentor-Mentee groups meet					
25/08/19 Sunday	Valedictory function (Feedback/queries/suggestions) Prize Distribution					

Venue: LIT Auditorium

A three week student induction programme was organized to help new students to adjust and feel comfortable in the new environment, to inculcate ethos and culture of the institution, help them to build bonds with other students and faculty members and expose them to a sense of larger purpose and self exploration. In view of this, following committees have been constituted for smooth conduct of the programme.

S. No.	Committee	Committee members	Check list
1.	Registration and feed back	<ul style="list-style-type: none">• Dr. Mrs. SS Dautpure (CE)• Prof. Mrs. PJ Giri (CT)	<ul style="list-style-type: none">• Attendance on day 1• Feed back on day 21
2.	Venue preparation and Logistics	<ul style="list-style-type: none">• Dr. Mrs. SA Pande• Dr. VB Pawade	<ul style="list-style-type: none">• Flex of SIP• Dias preparation• Mike system• CPU with LCD Projector
3.	Record of Attendance and certificates	<ul style="list-style-type: none">• Dr. SU Meshram (CE)• Prof. CM Chawan (CT)	<ul style="list-style-type: none">• Ensuring attendance of the students in every session and issuing the certificates at the end of SIP.
4.	Extracurricular activities	<ul style="list-style-type: none">• Dr. PN Belkhode• Prof. Mrs. PJ Giri• Dr. ML Meshram	<ul style="list-style-type: none">• Formation of various creative clubs
5.	Campus visit / Department Visit	<ul style="list-style-type: none">• Dr. Vikesh Lade• Dr. Saurabh Joglekar• Prof. Mrs. Sheetal Deshmukh• Dr. SK Deshmukh• Prof. Mayur Yenkie• Dr. GP Lakhawat• Prof. Amit Agrawal• Dr. J. Bhasarkar	<ul style="list-style-type: none">• Escorting the students to various Deptts. Including library and canteen.
6.	AZADI Celebrations	<ul style="list-style-type: none">• Dr. Mrs. PS Agrawal• Dr. Asar Ahmed	<ul style="list-style-type: none">• Quiz/ Essay writing/Debate
7.	Sports	<ul style="list-style-type: none">• Dr. SD Warbhe• Dr. Bharat Bhanvase• Prof. Mrs. PJ Giri	<ul style="list-style-type: none">• To conduct various sports activities among students.

Day 1



Lighting of the lamp by Dr. Raju B. Mankar and other dignitaries



Inaugural Address by Director

Laxminarayan Institute of Technology, Nagpur

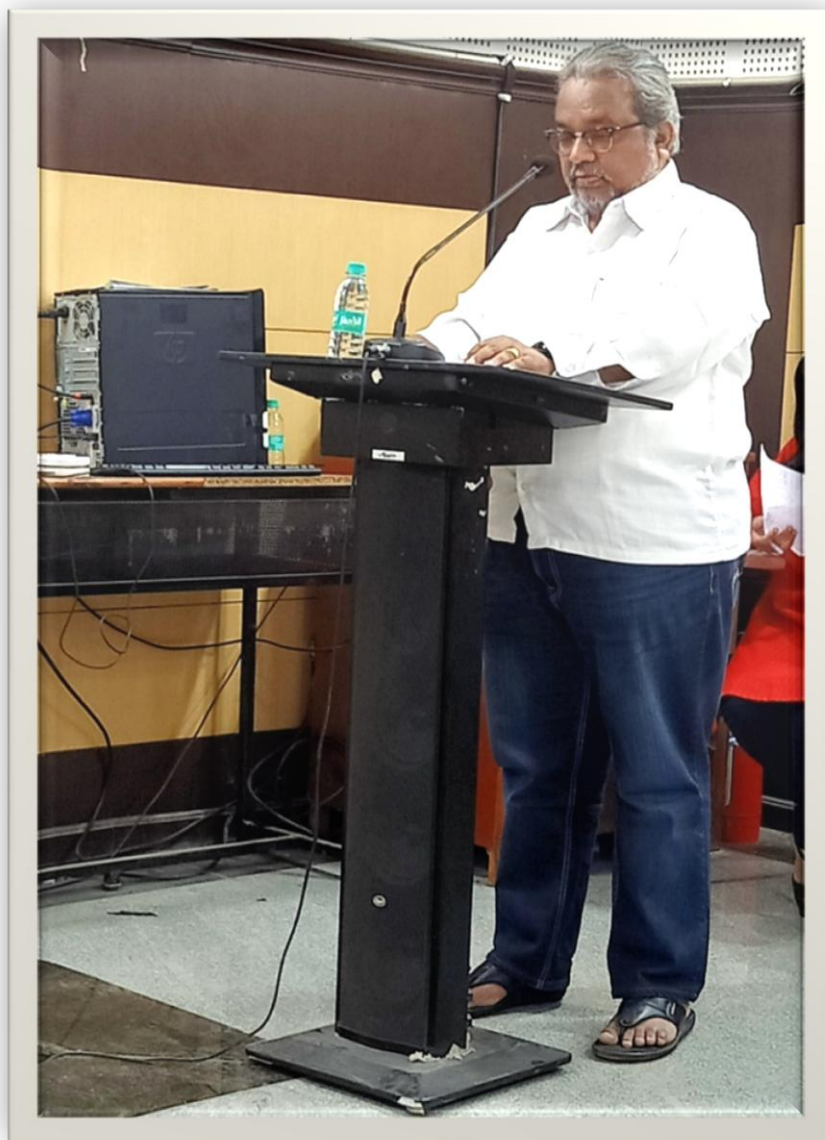


First Year B. Tech Students

A Journey of Divine Donor: Late Shri Rao Bahadur D. Laxminarayan- was pictorially elaborated by Dr. Raju B. Mankar, Director LIT, in which emphasis was made on his vision to help the students in and around Nagpur. He emphasized that Laxminarayan Institute of Technology and Rashtrasant Tukadoji Maharaj Nagpur University owes their existence to the munificent donation of the Late Rao Bahadur D. Laxminarayan of Kamptee who not only amassed a considerable fortune, but became a prominent figure in the public affairs of the Province. He also detailed the work brought him into contact with problems which

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required the aid of Technologists for their solution, and in order that this want should not stand in the way of progress, he bequeathed the main part of his property, then estimated at Rs.35,20,540/- to the Nagpur University by his Will dated 3 May 1930, for the purpose of "Teaching of Applied Science and Chemistry". He also introduced the jewels of LIT- Dr. Urmila Divekar, Harish Bhimani and Loksarang Hardas (to name a few) who had completed their B. Tech from LIT and now are at great positions at different longitudes and latitudes. A film on LITAA award ceremony was also screened for the students. The students were really touched, motivated and fascinated with the biography of Laxminarayanji as well by the progress made by alumnus of LIT.



Dr. Raju B. Mankar addressing the students

To make students aware about various **Grievance cells** at LIT, **Dr. Mrs. Shilpa Pande**, Professor and Head, Department of Applied Physics addressed the students that LIT is ragging free campus; to ensure this, anti ragging mechanism is adopted by the way of adequate publicity through various mechanisms; constitution of anti-ragging committee and anti-ragging squad, setting up anti ragging cell, installing CCTV camera at vital points etc. She gave a brief idea about the college life in student's imagination and the reality, mentioning the worst of all fears in a fresher's mind "Ragging". Moving ahead the students were shown some video clips making a statement of how social media is trying to show the ragging in the college as a joke and the harsh reality which haunts the students to an extent when they consider suicide a better way than humiliation. A distinctive line was drawn between the ragging as a joke and as a serious crime through those video clips, owing to that, students were explained about the Grievance cells currently working at LIT in detail.



Dr. Mrs. Shilpa Pande addressing the students

Regular interaction, counseling with students, identification of trouble triggers, mention of anti-ragging warnings, taking anti-ragging affidavit from the senior students are the few measures which were taken care of, she added. LIT also has Anti Sexual Harassment Cell constituting various committee members who helps to provide a healthy and congenial atmosphere to girls students with the objectives; to develop (i) the guidelines and norms for a policy against sexual harassment, (ii) principles and procedures for combating sexual

harassment. Not taking much time students were informed to be stress free, if so the necessity arises they were trained about what to do if they are being ragged, whom to consult etc. and they were informed about the different levels of doing so.



Day 2

Life skills are the abilities and behaviors that enable individuals for adaptive and positive behaviour to deal effectively with the demands and challenges of everyday life. Described in this way; **Dr. Mrs. Shubha Dautpure**, Professor and Head, Department of Applied Mathematics, addressed the students on the topic- **Life skills** and urged them to seek, build the capacity of themselves to make decisions and take actions that positively impact their lives and the lives of those around them. The objectives of this lecture were to build self-confidence, encourage critical thinking, foster independence and help people to communicate more effectively. She also emphasized that in everyday life, the development of life skills helps them to find new ways of thinking and problem solving. Students were made to realize, the core life skills as laid down by WHO, which includes self-awareness, empathy, critical thinking, creative thinking, decision making, problem solving, effective communication, interpersonal relationship, coping with stress and emotion, critical and out of box thinking, interpersonal relationship skills. Being a good listener, maintaining a positive body language and choosing the right mode of communication, without being interruptive, being patient and analyzing the other person's views, can also help to develop the skill, she discoursed at length.



Dr. Mrs. Shubha Dautpure delivering a talk on Life Skills

“Time is meant not to be spent; it is meant to be invested”. These were the golden words of Director **Dr. Raju B. Mankar**, on the second day of three week induction program while delivering a talk on the topic- **Time management**. The emphasis was given on the fact that all the human beings coming from any part of the society have one thing common and that is time exactly equal to 24 hours. All successful people around this world are the one who managed their TIME with perfection. Time can be easily managed by just minimizing non-productive activities and maximizing the productive activities.



Dr. Raju B. Mankar delivering a talk on Time Management

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He explained the pareto's law –which deals with trivial many (80%) and vital few (20%). Time can be easily managed by avoiding procrastination as it gets our work piled up and then acts as anchor for future work, he added. Delegating the work is another important factor, which is very helpful in time management. Money can be spent and earned back but time once spend can't be earned back, hence utilize the time wisely. The students were made to understand and analyze the importance of time management, a crucial factor to lead a stress free and successful life.

This was followed by campus visit. The students of all the branches were escorted to Basic sciences, General engineering Departments, library, canteen and also to their respective departments, where a platform has been provided for interaction with their Head of the Department, faculty members, non-teaching staff and senior students.

Visit to the Department of Chemical Engineering



Visit to the Department of Food Technology



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Visit to the Department of Plastic and Polymer Technology



Visit to the Department of Surface Coating Technology



Visit to the Department of Pulp and Paper Technology



Visit to the Department of Oils, Fats and Surfactants Technology



Visit to Department of Petrochemical Technology



Visit to the Department of Applied Physics



Visit to the Department of Applied Chemistry



Visit to Central Workshop



Visit to Central Library



Day 3

Communication is one of the most important of all life skills. Being 'Communicator' and being 'Effective Communicator' are two separate things in which people are more influenced by the second personality. These were the beginning words of **Dr. Mrs. N. Thejo Kalyani**, Assistant Professor, Department of Applied Physics, LIT, Nagpur in her lecture on “**Importance of Communication Skills in daily life**”. From the starting moment, everyone got engaged themselves with her mesmerizing and enthusiastic speech. The gathering was addressed on various aspects such as importance of global language in effective communication, 7C's of communication (Completeness, Conciseness, Considerable, Clarity, Concreteness, Courtesy and Correctness) that makes it more influential. Different levels, modes, parameters and barriers of communication have been discussed in detail. Individual and team success depends on the ability of an individual to communicate with others face to face, she added. As a concluding remark, she urged students to develop vocabulary, which helps them to improve his/her ability to achieve a skillful perfection in one's communication skills.



Dr. Mrs. N. Thejo Kalyani delivering a talk on Communication Skills

A guest lecture was conducted on “**Introduction to Chemical Engineering**” by **Prof. Shekhar Pandharipande**, Associate Professor, Department of Chemical engineering, as a part of the Student Induction Programme (SIP) so as to make the First year B. Tech Chemical engineers and Technologists aware about what they are going to do in their next four years and the scope of their branches in their future endeavors.

In his address, emphasis was made on the real life situations, where they are going to deal with in mere future, which includes chemical industry and its types and scales, various chemical products and their overview, manufacturing techniques, various chemical processes, transfer operations and many chemical operations, separation, heat operations, utilities and chemical reactions. Many diagrams and visuals were incorporated in his presentation for better understanding about these topics. Various aspects such as unit operations and unit factors demand and supply gap and the economic influence on chemical industry were briefly discussed. He also shared the information regarding incubation, new incentives in the field, start-ups and various personal experiences in the field of science and research.



**Prof. Shekhar Pandharipande delivering a talk
on Introduction to Chemical Engineering**

Day 4

Building one's career is most important aspect life of a student and guidance to career give particular direction to life. Guidance given to the student can decide the future of country. Such career guidance session was held in Laxminarayan Institute of Technology on fifth day of Student Induction program. **Dr. R. P. Ugwekar**, Training and Placement Officer, LIT. was speaker on topic “**Career Guidance and Placement**”.



Dr. R. P. Ugwekar delivering a talk on Career Guidance and Placement

He stressed his views regarding career development and placements and motivated the students to dream big as they are the future of our country. He detailed the students about the companies which visit LIT for recruitment and also basic criteria for placement good company with handsome package. The basic criteria – Passing every semester in first class with no backlog, he added. He shared his track of records, revealing the success of 100% placement of eligible candidates. This session ended with question and answer session, in which he solved all the queries, raised in the students' mind.

The National Service Scheme (NSS) provides opportunity to the young students of Technical Institutions take part in various government led community service activities and programmes. **Dr. N. M. Patil**, Coordinator and **Dr. Vijay Pawade**, Co-coordinator of NSS, LIT, Nagpur addressed on major activities such as National Integration Camp (NIC), Adventure Program, NSS Republic Day Parade Camp, National Youth Festivals, National Service Scheme Award in detail.



Dr. N. M. Patil delivering a talk on National Service Scheme

To accelerate the efforts to achieve Swachh Bharat, in terms of cleanliness and also to carry out various activities under this head, two NSS student coordinators were elected; Vaibhav R.Lahane from chemical engineering branch and Sagar L Labade from chemical technology branch for easy coordination.



Dr. Vijay Pawade delivering a talk on National Service Scheme

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Day 5

Dr. Amol Deshmukh, Incharge-Principal, Nagpur Institute of Technology delivered a lecture on **Universal Human Values (UHV)** in which he defined universal as something which is valid to every person , any place and at any time, even this is logical, verifiable and it has evidence.

Human values are the virtues that guide us to take into account human element when one interacts with one other human being. These human values give the effect of bonding, comforting and reassuring, he added. He also emphasized that in order to live with continuous happiness and prosperity, it is necessary 'to understand and to live in harmony at all levels of our living / existence', there are four levels of our living (i) Self (ii) Family (iii) Society and (iv) Nature. Continuous happiness is being in harmony within one self, being in harmony with others and being harmony with nature. He urged the students to adopt and practise universal human values first at individual level, one's relationships in family as well as in Society.



Dr. Amol Deshmukh delivering a talk on Universal Human Values (UHV)



First Year B. Tech students listening the talk on Universal Human Values

Happy thoughts are essential in order to make every man successful. To inculcate these thoughts a session was organized on **“Happy Thoughts”**, delivered by **Anil Onkar**, President, Onkar Educational Foundation, Nagpur. He enlightened about what exactly the happiness is? and its types like false happiness, second hand happiness etc by considering real life examples. He explained about the level of happiness by saying that the gifts we get on birthday gives false happiness, it is not long lasting and he also urged the students to avoid secondary happiness which comes from insulting anyone, gossips or disrespecting any elder person. That happiness will affect our subconscious thoughts and ultimately lead us to failure. The speaker also enlightened various means to adopt happy thoughts by maintaining joyful atmosphere in their surroundings.



Dr. Sameer Wagh welcoming Mr. Anil Onkar



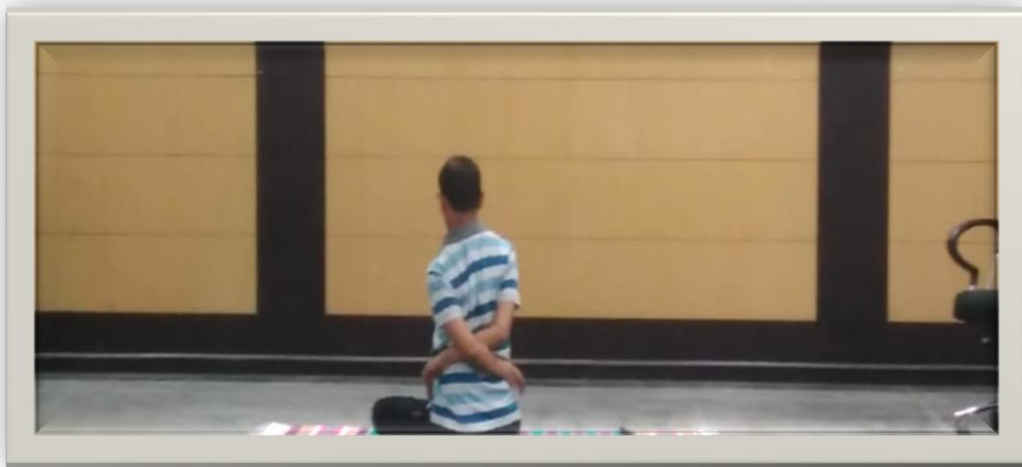
Mr. Anil Onkar delivering a talk on Happy Thoughts

Day 6

Yoga – systematic physical exercise, breath control, simple meditation, and adoption of specific bodily postures, widely practiced for health and relaxation. This is an art form known to humanity from thousands of years whose history can be traced back to 3,000 BC, these were first words of **Dr. Girish Deshmukh**, Associate Professor, Department of

Petro chemical engineering in his address to the students on the topic “**Inner Engineering (Yoga)**”. Later followed by asking them “Many of us perform Yoga on a daily basis, but how many actually know about what this art form entails and why it is performed”. After listening to the answers of students, he explained that it’s basically a method to achieve balance in our bodies, i.e. gaining strength, increasing flexibility and attaining spirituality. Yoga also endorses a non-materialistic way of living. The practice entails low-impact physical activity, postures (called asanas), breathing techniques (pranayama), relaxation, and meditation. Most people are familiar with the physical poses or yoga positions but don't know that yoga involves so much more, he added. The session was then followed with normal breathing exercises and then goes on to incorporate gentle asanas, followed by more tough ones. The yogasans are performed keeping in mind all the body parts as well as combine breathing practices, including guided mediation. He urged the students to unleash the power of yoga, feel energized and develop a zest of living.





Dr. Girish Deshmukh, demonstrating Yoga, Aasana



Dr. Girish Deshmukh delivering a talk on Practice of Yoga

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Day 7

(Sunday)



Day 8

(Bakri Eid)



Day 9

Soft Skills – a personal attribute that enables an individual to interact effectively and harmoniously with other people. This session on softskills was conducted by **Dr. Yogesh Deshpande**, Professor and Head, Department of Humanities, VNIT, Nagpur on the topic “**Soft Skills**”. The importance of soft skills is the need of the hour as the companies want employees who can supervise and direct other workers, he added. The main components of soft skills include leadership skills, teamwork, communication skills, problem solving skills, work ethics, flexibility/adaptability and interpersonal skills. An activity began in forming the groups and a job is assigned to every group, to construct a tower, name it within a given

stipulated time and they are asked to represent their team. Every team was judged, first, second and their prizes were given to the best team with best skills.



Dr. Mrs. N. Thejo Kalyani welcoming Dr. Yogesh Deshpande



Students demonstrating their activities

The process forming a cohesive team of individuals was the main theme of the session delivered by **Dr. Jayant P. Giri**, Associate Professor, Department of Mechanical Engg., YCCE, Nagpur on the topic “**Team building**”. He emphasized that team building is one of the most vital aspect of and stressed on use the concept of “We’ instead of “I”.



Dr. N. Thejo Kalyani welcoming Dr. Jayant Giri

Collaboration, Co-operation, motivation, leadership, communication, and goal setting constitute the six pillars of team building, he added. Stress was made to realize the students about the success of an organization, which depends on the ability of individuals to build effective teams by forming, storming, norming and performing, generally considered as the four dimensions of team building. As a concluding remark he informed the students that overall, team building in the workplace enables better communication, better relationships and ultimately increases productivity.



Dr. Jayant Giri delivering a talk on Team Building

A session on the topic - **Science of well-being: Psychology regarding happiness**, delivered by Dr. Sameer M. Wagh, Associate Professor, Department of chemical Technology, LIT, Nagpur overviews on “what psychological science says about happiness”. In this session, students were engaged in a series of challenges designed to increase one’s own happiness and build more productive habits. As preparation for these tasks, misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change , ways to incorporate a specific wellness activity into ones’ life are detailed. To have good thoughts, one should surround yourself with positive people, fill your mind with positive input, control your language, create a routine for the day, he added.



Dr. Sameer M. Wagh delivering a talk on Science of Well Being



AZADI Celebrations (Quiz/ Essay writing/ Debate)

To acknowledge 73rd year of Independence and sensitize the students towards the freedom struggle and Quit India Movement, which led to secure India’s Independence, various activities such as **Quiz/ Essay writing/ Debate** related to freedom struggle were conducted under the head “Azadi celebrations” as a part of three week student induction programme.

- **OPEN QUIZ**

Open quiz on freedom struggle and other events surrounding it was conducted among all B. Tech (C.E/CT) students of LIT and the winners were awarded with a certificate in the valedictory function of SIP.



Participants in Open Quiz



Dr. Asar Ahmed and Dr. Prathibha Agrawal conducting the Quiz Competition

- **DEBATE**

Debate has been organized on the topic “**Is media reflecting true India**”, a stipulated time of five minutes is given to every participant, the debate was judged on four parameters (i) content, (ii) communication skills,(ii) confidence and (iv) body language.

List of participants in debate		
S.No.	Name of the student	For/Against the motion
1.	Rahul Bhatkar	Against
2.	Ashwin M.Rajas	For
3.	Komal Prasad Patle	For
4.	Vishal N. Nagpure	Against
5.	Sagar S.Mohinkar	Against
6.	Pradip Chavan	Against
7.	Chirag A.Bangade	Against
8.	Chakradhar R.Raut	Against
9.	Karan Barhate	Against
10.	Neha Vensiyani	Against
11.	Dnyanendra Kalse	For
12.	Shivani Ghate	For
13.	Ruchika Girde	Against
14.	Sneha Ramteke	For
15.	Twinkle Sharma	For



- **ESSAY WRITING**

Essay writing on the topic: **“India after 2019”** was conducted and judged on the basis of content and expression. The winners were awarded with a certificate in the valedictory function of SIP.



Remembering Mahatma Gandhi: The Father of the Nation

So far incredible things have been done in the world through commitment and wondering about it, one such name that pops up in our mind is the name Mahatma Gandhi, the man who fought his entire life for freedom and peace. History reveals that this man made a commitment towards changing the world which made him the actual hero and a person whom we still remember, especially several occasions, one such occasion is on and around Independence day.



Students watching the movie: Mahatma Gandhi

In view of this, a movie titled” Mahatma Gandhi” has been publicized to the students so as to analyze his simple life style, the level of struggle he had to conquer freedom, his commitment and fruitful achievements.

Day 11

Independence Day Celebrations

Brain drain - migration of talented youth in search of the better standard of living and quality of life, higher salaries, access to advanced technology in different parts worldwide is increasing day by day. If this continues, then India will be devoid of talented youth. With this theme, a brain storming **street play** has been organized on the occasion of Independence Day on the topic: **Brain drain**, in which they illustrated the present mind set of Indians towards life settlement in foreign countries and the play ended with a oath that they will work in the nation and for the nation.





Students performing Street Play



Audience – watching Street Play



Team members of Street Play with Teacher Coordinator -SIP

Day 12

Dr. S. U. Meshram, Assistant Professor, Department Of Applied Chemistry delivered his lecture on **Universal Human Values** in which he emphasized the importance of human values, which need to stem at early age.



Dr. S. U. Meshram delivering a talk on universal Human Values

Nine different values, which an individual should possess, are well elaborated. They include trust, respect, affection, care, guidance, reverence, glory, gratitude and prem. He also explained these values through real life examples and video clippings, which made the students, understand better.

Mr. Swapnil Jadav was invited as a speaker to handle the session on the topic "**Art of living**". It was an interactive session, in which the students were questioned regarding how they could manage to overcome the problem of stress and various aspects related to their daily routine. Speaker gave a brief idea about the students problems , fears , the upcoming challenges and how to solve them efficiently. Moving ahead the speaker also taught the students about various activities performed in the art of living programs, which help the students to reduce their stress and overcome their obstacles effectively. Speaker make the students familiar with the programs conducted in the art of living program, which offers stress elimination and self development program based on breathing techniques, meditation and yoga. Apart from these activities, dancing, singing and other extracurricular activities which refresh the students are often organized to make the participants more enthusiastic. Not taking much time he encouraged all the students with his effectual words and thoughts.



Dr. Mrs. N. Thejo Kalyani welcoming Mr. Swapnil Jadav



Day 13

(Parsi New Year)



Day 14

(Sunday)



Day 15

Mr. Anil Onkar, in his address to students on “**Stress Management** “ started with questions on stress and its causes as it is affecting each one of us in different ways. Later, he emphasized on healthy techniques that psychological research has shown to help reduce stress in the short- and long-term. They include exercise, smile and laugh, social support and meditation. Stress management encompasses a wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress with the motive of improving everyday functioning of an individual, he added.



Dr. Mrs. N. Thejo Kalyani welcoming Mr. Anil Onkar



Mr. Anil Onkar delivering a talk on Stress Management

Without taking much time, he concluded that managing stress is all about taking charge of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems. The ultimate goal is a balanced life with time for work, relationships, relaxation, and fun – plus the resilience to hold up under pressure and meet challenges head on.

Everyone wants a better place to live. Some people want better homes and housing, while other people want better schools, more jobs, better shops, or cleaner and safer streets. Others may want all these things. All these can usually be grouped into three issues. People need (i) a better environment – that means green spaces, play areas, no litter, nice gardens,

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decent houses, less noise and pollution. The resources used should renew over generations, (ii) a better economy – that means jobs, reasonable prices, cheaper heat and light, no loan sharks and (iii) better social conditions – that means good leisure facilities, lots of community groups offering sports and arts, friendly neighbours. Hence, the necessity of sustainable development comes to picture, these were the words of **Dr. S. U. Meshram**, Assistant Professor, Department of Chemistry, LIT, Nagpur in his lecture on **UHV-Sustainable Development**. The goals of sustainable development are the blueprint to achieve a better and more sustainable future for all. Some of the goals such as clean water and sanitation, clean energy, crop rotation and many more have been discussed in detail. He also reminded the students about their role in these issues.



Dr. S. U. Meshram delivering a talk on Sustainable Development

Day 16

Creative arts

Various Creative Clubs (Dance/Singing/Poetry/Drama/ Sketching) were formed so as to knock out their talent in front of their student friends and prizes were given to the winners on the day of valedictory- SIP. The list of participants under each category are listed below-

Laxminarayan Institute of Technology, Nagpur

List of Participants		
Dancing		
Aniket Thakare	Shraddha Badge	Shreya Verma
Punarva Kamdi	Twinkle Sharma	Rohini Pradan
Vrushali Chanakhekar	Rucha Mainde	
Singing		
Ruchika Girde	Renuka Kulkarni	Vaidehi Muley
Rucha Mainde	Sagar Dandare	Rahul Bhatkar
Snehal Dubey	Shraddha Badge	Vishal Nagpure
Komalprasad Patle	Harshdeep Ghatol	Kshipra Dhole
.Gauri Shende	Soham Ranjane	Atharva Darkonde
Shreyash Mishra	Darshit Gedam	Twinkle Sharma
Tanmay Dhote	Punarva Kamdi	Kunj Ganatra
Poetry		
Vishal Nagpure	Kshitij Tiwari	Chandrakant Raut
Ayush Solanke	Neha Vensiani	Sagar Dandare
Rahul Bhatkar	Renuka Kulkarni	Komal Prased
Karan Batra		
Drama and street play		
Neha Vensiyani	Sanand Mohurle	Twinkle Sharma
Soham Ranjane	Kshitij Tambekar	Rucha Mainde
Snehal Dubey	Aditya Sahu	Sakshi Kathote
Rahul Bhatkar	Chirag Bangade	Dyanendyra Kalse
Siddhant Bansod	Harsh Telarandhe	Darshit Gedam
Ruchika Girde	Abhay Singh	Atharva Darkonde
Dinesh Bhrame	Sagar Labade	Kunj Ganatra
Kartik Hatwar	Prathamesh Shirke	Akash Palav
Sagar Bakai	Gaurav Rajput	Shubhangee Bharti
Shreyash Mishra	Aashna Mahmood	Vrushali Chanakhekar
Ashwin Rajas	Ayush Solanke	Shraddha Badge
Chakradhar Raut	Vaishnavi Kokurde	Gauri Shende

Rishikesh Mhaske	Lavanya Kalmegh	Sagar Mohinkar
Shivani Gathe	Shivangi Bharti	
Sketching club		
Rucha Mainde	Krutika Gadekar	Sanand Mohurle
Vishal Nagpure	Devesh Deshpande	Gulapsha Rangrej
Siddhant Bansod	Prachi Vinchurkar	Shraddha Badge
Renuka Kulkarni	Shruty Dalal	Snehal Dubey
Vaishnavi Kokurde	Kartikey Kayalkar	Satish Panbude
Pradip Chavhan	Kshitij Tambekar	Aashna Mahmood
Dinesh Bramhe	Shivani Gathe	Jagruti Naik
Harsh Telrandhe	Dyanendra Kalse	



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Students' Performance



Drawing: Exhibits

Prof. Mrs. Pallavi Giri , Assistant Professor, Department of General Engineering, LIT, Nagpur delegated her motivating and encouraging lecture on the topic **“Building Nationalistic Character - Inculcating the feeling of responsibility about the Nation”**. As it was Sadbhavana day -the birth anniversary of erstwhile Prime Minister of India Shri Rajiv Gandhi, the lecture started with paying tributes to Late Rajiv Gandhi-The youth icon in his days. She also discussed about the power of youth, their role in bringing drastic changes in the society. She stressed on various great personalities who worked and are working for the betterment of the society. A short documentary on the contributions of Dr. Anil Kumar Malhotra and Pamela Malhotra, to make SAI (Save Animal Initiative) Sanctuary was illustrated pictorially. She narrated the struggle and hardwork of Malhotra couple to start the sanctuary from 55 acres of land initially to 300 acres.. he also considered the simplicity and struggle of Sudha Murty, Chairperson of the Infosys Foundation in achieving greater heights in one’s profession by just proving that “How Simplicity Work Fabulous”. She encouraged the students to have active participation in the social activities and urged students to inculcate the feeling of responsibility towards Nation.



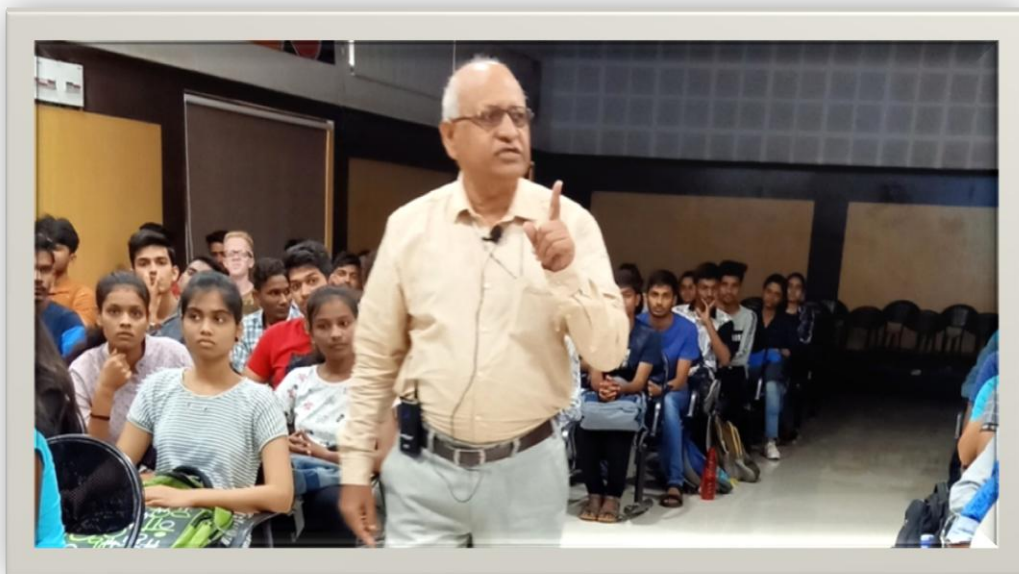
Prof. Mrs. Pallavi Giri delivering a talk on Building Nationalistic Character

Day 17

The guest lecture on **Motivation** was organized as a part of three week long Student Induction Program, in which **Mr. Sharad Borkar** , an industrial journalist motivated the students with his enthusiastic words. In his lecture, the speaker shared many real life examples of famous personalities. He made students aware about Soichiro Honda, the founder of Honda Motor Co Ltd, a young boy, who worked at a vehicle repairing shop to earn money for his family. But still with hard work and determination, he learnt the ticks and tacks about vehicles and how they really work. He was a sincere and hard-working person who then went on to establish a big company. He also shared the experience of a brave soldier of India who performed heroic deeds for India in the Kargil War. In a similar manner, he shared many more real life experiences that motivated all the students towards the path of success.



Dr. Raju B. Mankar welcoming Mr. Sharad Borkar



Mr. Sharad Borkar delivering a Motivational Talk

No one in this world likes to die accidentally, but this is the fact, which is happening every day, which we are aware of. Why?? These were starting words of **Mr. Shrikant Gudadhe**, in his lecture on the topic “**Awareness on traffic rules**”. He stated that the survey reveals that in India, around 80% of road accident takes place due to driver's fault, 40 to 50 % of accident due to intersections and maximum share of 30 to 35% are in fatalities by two

wheelers. In these fatalities around 50% of people are in the age group of 15 to 34. What are the reasons behind this? he questioned the students.



Dr. Mrs. N. Thejo Kalyani welcoming Mr. Shrikant Gudadhe

There was very good response for the question with the answers like over speeding, drunken driving, using mobiles while driving, dangerous over taking and many more. He also addressed the precautions to be followed like adopt good parking habits, avoid overloading vehicle, avoid distraction while driving, obey the rules, donot jump the traffic signals. We really need to change our attitude, he appealed the students'. If we follow the rules and make safety as our first preference and equally for others, we could be the more responsible citizen, working for the betterment of Nation and World.



Mr. Shrikant Gudadhe delivering a talk on Awareness on traffic rules

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A lecture on “**Competency and Commitment**” was delivered by **Dr. Sameer Wagh**, Associate Professor, Department of Chemical Technology, LIT, Nagpur. He compared competency and commitment with flowers having colour and fragrance, respectively. To be a successful person, an individual needs both Competency and commitment, he added. He classified the people into four categories (i) With both competency and commitment (ii) only competency and no commitment (iii) No competency but with commitment and (iv) No competency and no commitment. He advised the students that if a person have commitment, competency builds on its own. He also emphasized to inculcate both the parameters, which are essential in one’s professional life.



Dr. Sameer Wagh delivering a talk on Competency and Commitment

Day 18

Dr. Nilesh Ugemuge , HOD, Department of Applied Physics, Priyadarshini College of Engineering, Nagpur delivered a lecture on the topic “**Importance of ethics in today’s technology**” in which he addressed how ethics play a vital role in one’s personal and

professional life, by taking few real life examples. In this era of digital world, every individual is working towards creating knowledgeable society. In this regard, technology plays an important role. Individuals' success depends upon the moral or ethical values. However, every individual should inculcate ethics to use technology to positive effect in education or in profession. Scientific research is socially accepted only when it has sound ethical reflection. Hence, it is generally thought that science and engineering should never cross certain ethical lines. This idea connects ethics to science and Technology, he added.



Dr. Nilesh Ugemuge delivering a talk on Importance of Ethics

A lecture on **Universal Human Values regarding Environmental Ethics** was delivered by **Dr. Manoj. L. Meshram**, Associate Professor and HOD, Department of general engineering, LIT, Nagpur. In his lecture, the students were made aware of threats to the environment, in which pollution plays a predominant role. He very well elaborated the types of pollution, causes and remedies by considering each case in detail. He urged the students to adopt environmental ethics so as to conserve our natural resources and bio diversity, which also helps in leading a peaceful and healthy life. Practical real life situations were visualized to the students so as to have a real feel of moral responsibility towards environment.



Dr. Manoj Meshram delivering a talk on Environmental Ethics

Day 19

An overview on B. Tech Curriculum and credit based system was given by Dr. Bharat Bhanvase, HOD, Department of Chemical Engineering. In his lecture, emphasis was made on basic terminologies, which they usually come across during their four years like Semester, credit, Credit Point, Grade Point, Cumulative Grade Point Average, Choice Based Credit System (CBCS), Semester Grade point Average (SGPA), L-T-P: Lecture-Tutorial-Practical. He also detailed about various chemical processes, which they deal in their laboratories.



Dr. Bharat Bhanvase giving an Overview of Curriculum

In order to have a clear idea about the thought process and vision of youth on India, an open discussion on the topic “**My dream India in technology point of view**” has been conducted by **Dr. Mrs. N. Thejo Kalyani.**, Department of Applied Physics, LIT, Nagpur. Students have put forward their dreams, which made the speaker mesmerizing and visually stunning; some of them includes

- Mining by robots
- Water absorbing roads
- Effective disposal of industrial waste
- Zero Waste Management
- Chromosomal disorder free country
- Lighting by efficient photo voltaic devices
- A technology which could drift water from a flood region to a drought region,
- Technique to synthesize water molecules and even food in the lab
- Farmer suicide free country To name a few.

The speaker motivated the technologists and technocrats to come up with a reasonable solution so as to turn these dreams to reality, which is possible by these youngsters.

Day 20

Mentor-Mentee groups meet was also arranged on 20th day of three week induction programme, in which a group of students comprising of 10 were assigned to a teacher mentor as well as senior student mentor. Awareness has been made among the students regarding the role and responsibilities of mentor as well as mentee. The mentor's role is to teach, guide and help, shape the professional growth and learning of the mentee and to serve as a positive role model, while the mentees role is to seek guidance and constructive feedback on his/her professional development and career goals. The Mentor responsibilities includes: Sharing information about his/her background, skills and interests, leading the group as a positive role model, helping mentee to set educational/career goals, encouraging them to build self-confidence and self-esteem, offering constructive and meaningful advice, celebrating milestones and achievements with mentee. The Mentee responsibilities includes: Taking responsibility of keeping their mentor in regular contact, assesses academic/professional strengths, learning and developmental needs, values and short and long-term career goals, developing a plan with mentor for achieving these goals, openly share successes and failures. It has been stressed that the successful mentor/mentee relationships stand forever if both parties are engaged, flexible, and authentic and there is reciprocity. The list of mentor –mentee is included herewith for your kind perusal.

Meditation

Meditation and Heart fullness are the buzzwords these days for good reason. To bring aware of this, a three day meditation session was organized at LIT for First year students for a duration of one and half hour per session. The mentors were Wing Commander Mr. Girish Matte and Dr. Ravindra Saraykar from Shri Ram Chandra Mission “ **Heartfulness**”. They stressed that, now a days, due to change in lifestyle and increasing screen time, many

students are facing various problems regarding mental health. To overcome this situation meditation has become today's need for better working of brain and increase in concentration level among students.



Teacher Coordinator –SIP: Welcoming the Guest Speakers

On first day student were guided for morning meditation. During this process all the students were asked to imagine a divine light within their heart and to concentrate on it for 20 minutes without distracting from thoughts running in mind. The next session was on 'evening cleaning' process in which all students were made to imagine that their impurities and complexities inside brain are getting removed in form of waves. The last (third) session of camp was on mediation before going to bed. By following these three steps of meditation, one can overcome removing anger, anxiety, depression and insecurity, they added.



Students and Faculty in Meditation Session

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SPORTS (EVERYDAY IN BETWEEN 4:00 TO 5:00)

Various clubs have been formed for smooth conduction of sports, as they re-energise these youngsters at the end of the day. The details of participants and photographs regarding sports are enclosed herewith.

Basket ball		
Kartikey Kayalkar	Rahul Bhatkar	Atharva Darkonse
Dnyanendra Kalse	Shekhar Gahane	Neha vensiyani
Shreyash Bisel	Bhavesht Pisode	Siddhant Bansod
Lavanya Kalmegh	Abhay Singh	Tushar Uikey
Volleyball team		
Kartik hatwar	Dinesh Bramhe	Sagar mohinkar
Aanand Mohurale	Abhay Singh	Harsh Telrandhe
Vaibhav Lahane	Amit Mathne	Rohan jiwatode
Rakesh kumar		
Foot ball		
Ayush Solanke	Amol Charlewar	Shekhar Gahane
Aniket Thakre	Snehal Dubey	Shraddha Badge
Tanmay Dhote	Arnab Maity	Aashutosh Jaiswal
Eshaan Nayak	Abhay Singh	Lavanya kalmegh
Pradyumna Utkhede		
Cricket		
Sagar Mohinkar	Chakradhar Raut	Satish Panbude (C)
Vaibhav Lahane	Devesh Deshpande	Pranay Sahare
Pradip Chauhan	karan barhate	Samir Tapre
Ravi Pande	Abhay singh	Prathamesh Pawale
Amit Mathane	Rakhesh Kumar	Yash Chimute
Puneshwar Askar	Sagar Chaudhary	Rohit Narnaware
Aniket Dhobale	Pranav Akotkar	Shekhar Gahane
Shrikant Salunki	Rohit yamgawali	Gaurav Kale
Sahil Nandanwar	Devashish Bhise	

Chess		
Tanmay Dhote	Sanand Mohurle	Shekhar Gahane
Harshdeep Ghatol	Charutosh Surushe	Shyam Khemnar
Amol Charlewar	Rohini Pradhan	Harsh Telrandhe
Harsh Tiwari	Siddhant Bansod	Anand Dongre
Soham Ranjane	Gaurav Rajput	
Carrom		
Anand Dongre	Tanmay Dhote	Himanshu Londhe
Sagar Mohinkar	Lavnya Kalmegh	Prathamesh Shirke
Arnab Maity	Siddharth Bansod	Saikrishna Kotgire
Amol Charlewar	Harsh Tiwari	
Badminton		
Shekhar Gahane	Sanand Mohurle	Tanmay Dhote
Rohit Yamgawali	Sagar Chaudhari	Karan Barhate
Saikrishna Kotgire	Dnyanendra Kalse	Akash Palav
Devesh Deshpande	Krutika Gadekar	Kshipra Dhole
Punam Chaudhari	Rutuja Girhe	Lavanya Kalmegh
Gauri Shende	Snehal Dubey	Kartik Hatwar
Komalprasad Patle	Vaibhav Pawar	Rohan Jiwatode
Ashwin Rajas	Rajeshwari Jembhekar	Utkarsha Shinde
Prachi Vichurkar	Vaidehi Muley	Shivani Gathe
Pratiksha Lanjekar	Aashna Mahmood	Shraddha Badge
Rakesh Kumar	Vaishnavi Kokurde	Harsh Tiwari
Vrushali Chanakhekar	Neha Vensiyani	Anand Dongre
Shubhangee Bharti	Rohini Pradhan	Rucha Mainde
Twinkle Sharma	Sakshi Kay Hote	Atharv Darkonde





Sports activities by Students

Day 21

The three week student induction programme ended with the Valedictory function. This function started with oral welcome; followed by summary of three week induction programme by Rucha Mainde, student of First Year.

Dr. Raju Mankar, Director addressed the students and inspired them to inculcate and adopt all the skills which they have learnt during these 21 days.

Students gave their feedback on this three week Student Induction Programme SIP.



Valedictory Session on the 21st Day Of SIP



Rucha Mainde summarizing the three week student induction programme

Laxminarayan Institute of Technology, Nagpur



Valedictory address by Director Dr. Raju B. Mankar



Faculty and Students during Valedictory Session

Laxminarayan Institute of Technology, Nagpur

This was further followed by prize distribution ceremony under various heads: Azadi celebrations and creative arts. Dr. N. Thejo Kalyani, Teacher coordinator SIP proposed Vote of Thanks.

Glimpses of Prize Distribution Ceremony





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**Winners of creative arts and Azadi celebrations competition
receiving the prizes at the hands of dignitaries**





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First Year Students giving Their Feed Back on SIP



Vote of thanks by the SIP Coordinator

The valedictory function ended with the distribution of certificates to all the participants of this three week student induction programme.

Prof. (Dr.) Raju B. Mankar
Director

Dr. (Mrs.) N. Thejo Kalyani
Coordinator - SIP

Laxminarayan Institute of Technology, Nagpur