

Induction Program Day 3

Date: 9th August 2023

Students Attendees: 600

Time: 11 AM

The third day of the week-long induction program for the newly admitted first-year students was marked by insightful sessions, significant introductions, and delightful performances.

Om Nagpurey, Joint Event Manager, SRC alongside **Renuka Kadu, Ladies' Activity Representative, SRC**, kicked off the day as the program's anchors. The day started with an address by **Dr. Abhishek Somani**. He is a revered psychiatrist with two decades of experience, and currently serving as the Head of the Psychiatry Department of Indira Gandhi Medical College, Nagpur, was the day's first chief guest. Dr. Somani's enlightening session titled "**Managing Career Stress**" delved deep into the intricacies of stress management. He emphasized on:

- The duality of stress, distinguishing between its positive and negative aspects.
- Effective methods to handle stress.
- Debating the necessity of stress.
- A deep dive into human perception.
- The flow and impact of stress on an individual.

The subsequent session was steered by **Mr. Pratik Dhage, an alumnus of the college**, who enlightened the students on the "Feeling of Self-Regulation". His talk encouraged students to take charge of their emotions and behaviors, emphasizing the need for personal autonomy in decision-making.

Second Half (post break)

Time: 1.00 PM

Post Mr. Dhage's thought-provoking session, **Dr. Richa Khandelwal**, the faculty in-charge of **the Internal Compliance Cell**, graced the podium. She delivered a brief speech, focusing on the importance and objectives of the Internal Compliance Cell, assuring the students of a safe and compliant environment within the campus.

The subsequent session was earmarked for acquainting the new students with the Department of Sports and Physical Education and the National Service Scheme (NSS).

Dr. Amit Anurag, Head of the Department of Physical Education and Program Officer of NSS, elucidated the myriad opportunities that both these platforms offer. Students were provided with comprehensive information about how they can engage and benefit from these departments during their college tenure.

The day reached its crescendo with the spectacular showcase by the Dance Club RCOEM. Through a series of captivating dance performances, they exhibited the high standards of their club. Post their performance, the dance club members interacted with the eager students, shedding light on the audition process and how they can join this esteemed club.

The third day of the induction program was a harmonious blend of educational insights, awareness, and entertainment. It not only equipped the students with knowledge but also showcased the vibrant campus life awaiting them. It was concluded by **Om Nagpurey, Joint Event Manager, SRC**, and **Tarun Mishra, Dance Club Coordinator, SRC**, who informed the students about the upcoming activities.



