

Induction Day 5

Date: 10th November 2022

Time: 11:00 AM

No. of Participants: 450

“With great power come great responsibility”. The fifth day of the induction program started off on a positive note, filled with zeal and curiosity for the day's commencement. The hosts for the day were **Priyal Parhadkar**, Creative Head and **Kunwar Jora**, Joint Event Manager, SRC. They briefed the students about the day's proceedings and cheered them up with some interaction.

Dr. Abhishekh Somani was the guest for the fifth day of the program. Dr. Abhishekh Somani is Professor and Head at the Psychiatry Department at Indira Gandhi Government Medical College. He has been the Past President of Psychiatric Society Nagpur 2020-21. His non-medical interests include technology, reading, Bike rides (Enfield), and Yoga.

He was welcomed at the session with a sapling by **Dr. Sanjogta Meshram**, first year incharge. After that, **Prof. Purva Vyavhare** introduced her to the audience. A token of gratitude was presented to Dr. Abhishekh Somani by **Dr. Rashmi Shahu**, Dean Of students.

The theme for the session was stress management. The students paid heed to the session as it is a vital aspect in their lives. He defined what stress was, the two aspects of stress, the management which revolves around stress and the importance of proper amount of sleep. He also talked about the importance of sorting out priorities, setting our mind to it and allowing ourselves to rest as much as we work. Later, the forum was open for questions from the students. They took the opportunity to their benefit by asking their doubts, and put forward their concerns. It was indeed a helpful session.

A vote of thanks for Dr. Abhishekh Somani was presented by the hosts for the encouraging and helpful session. Thereafter, the students proceeded for the break.

Second Half [post break]

Time: 1:00 PM

After the break, **Dr. Manoj Chandak**, Dean Academics and **Dr. Abhijit Agashe**, COE, were present on the dais. At first, Dr. Manoj Chandak guided the students in the areas of academics, the preparations, and also briefed them about having proper resumes; honors and minor course facilities and about the credit structure. Later, Dr. Abhishekh Agashe took to the stage to explain the students about the continuous assessment structure, distribution of marks in the respective theory and practical domains and about the importance of maintaining a decent score throughout the semesters. He also briefed the students about the rules against usage of unfair means and its consequences.

An element of surprise for everyone was a talk by **Dr. Sachin Garg**, who has been a professor at RCOEM during the years 1997-2000 and has over 13 years of experience in the teaching field. He holds a PhD in civil engineering, has been with the Junior Chamber Movement, has a yearlong experience in software in USA; High Build LLB which works for government agencies in New York

city, was recently elected as the township Committee member in the Republican Party, and has founded the Agrawal Samaj in New York and New Jersey.

He was introduced to the students by **Dr. Rashmi Shahu**, Dean of Students and felicitated with a token of gratitude by **Dr. Rajesh Pande**, Principal, RCOEM. Some insights and experiences about Dr. Sachin Garg were shared by **Dr. Prabodh Pachpor**, Dean-Admissions, RCOEM.

He talked to the students about his journey from being a professor to a successful entrepreneur and also shared his experiences about living in a different country and culture. It was a thoroughly inspiring session as he talked about how learning does not hold any age bar, and how one should continue to learn, equip skills and grow.

Thereafter, a vote of thanks was presented by our Principal, Dr. Rajesh Pande.

The crowd was enthralled and energized as the dance club of RCOEM took the stage to carry out the induction program. A brief introduction of the club, its functioning and events was given by **Tarun Mishra**, and **Samiksha Sonkusare**, who are the Dance club coordinators, SRC. The stage was graced by the duet classical performers from the dance club who performed very well and later a solo performance was also staged. The zeal of the students was unmatched as they all stood up for the tutorial and danced their hearts out. Group performances, solo dances and duets had the limelight. Lastly, the dance club coordinators cleared the doubts of the students regarding the club.

Here are some glimpses of the eventful day:



