

**MET's Institute of Engineering
Bhujbal Knowledge City, Adgaon, Nashik
Department of First Year Engineering**

Name of the program: Induction Program: Day-1

Date: 16/01/2024

Time: 10:00AM - 11:30AM

Day: Tuesday

Venue:

Coordinator: Prof. B. N. Shirsath, Mr M. P. Somvanshi, Prof. Shilpa Mugde, Prof. Rahul Patil

Session 1: Yoga & Meditation

Time: 10:00AM – 11:30PM

On behalf of MET's IOE, Bhujbal Knowledge City today we started the "Induction Program-24" of First Year Engineering students for the academic year 2023-24. The purpose of the program is to make a bridge from their junior college to engineering college. It gives help to students for good connection of curriculum, subjects and practical and get the knowledge to design their goals in different fields of engineering and technology.

The first day of induction is started with yoga and meditation which is conducted by Prof. B. N. Shirsath and Mr. M. P. Shinde faculties from IOT-P of Bhujbal Knowledge City.

In the introduction of session madam elaborate the importance of Yoga and Meditation the art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone. Meditation can give you a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health. And these benefits don't end when your meditation session ends. Meditation can help carry you more calmly through your day and may help you manage symptoms of certain medical conditions.

This session was continued with same time for all days of Induction Program.



Session 2: Expert Lecture "Human Values"**Time: 11:40AM - 1:30PM**

Session 2 is started with an expert lecture on topic "Human Values" delivered by Prof. V. M. Sawant, He told about human values convey personal conviction; ethics describe the accepted principles and standards of conduct about moral duties and virtues as applied to an organization. The values which are considered basic inherent values in humans include truth, honesty, loyalty, love, peace, etc. because they bring out the fundamental goodness of human beings and society at large.



Dr. R. S. Dhake
(Coordinator)

Dr. V. S. Khairnar
(FE-Coordinator)

Dr. Vijaykumar P. Wani
(Principal-IOE)