

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

**Name of the program:** Induction Program: Day-5

**Date:** 10/11/2022

**Time:** 10:00AM - 5:00PM

**Day:** Thursday

**Venue:**

**Coordinator:** Dr. R. S. Dhake & Prof. R. D. Rajkuvar

**Session 1:** Yoga & Meditation

**Time:** 10:00AM - 11:15AM

**Session 2:** Expert Lecture on "Human Values"

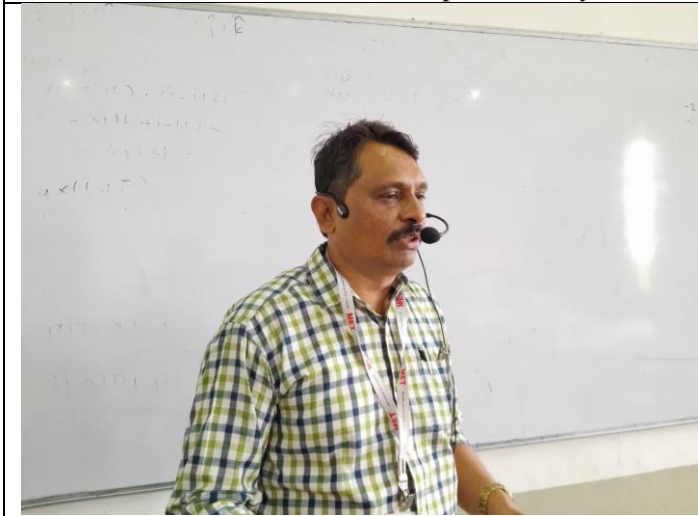
**Time:** 11:30AM - 01:30PM

**Objectives-The main objectives of promotion of Ethics and Human Values are as under :**

- (i) To create awareness, conviction & commitment to values for improving the quality of life through education
- ii) for advancing social and human well being.

This lecture is delivered by Dr.P.S.Kathe Assistant Professor of IoE, Bhujbal Knowledge City, Nashik. During his lecture he gave information about understanding of the attitudes, motivation and behaviours. Influences our perception of the world around us, Represents interpretation of "right and wrong", Provides a way to understand humans and organisation. In simple words, human values are the characteristics of God in human condition. He postulated the five human values, Love, Truth, Right Action, Peace, Non-Violence. Within each value, there is a range of sub-values.

The same lecture was conducted on previous day for half of the students.



**Session 3: Physical Activity-Dance Garbha**

**Time: 02:00AM - 03:00PM**

**Objectives-**

- i) Dancing can be a way to stay fit for people of all ages, shapes and sizes.
- ii) It has a wide range of physical and mental benefits including: improved condition of your heart and lungs, increased muscular strength, endurance and motor fitness.

**This Session was conducted by Prof.Seema Nikam& Prof.Sneha Pekhale Faculty of MET Bhujbal knowledge city Nashik.**



**Session 3: Physical Activity**

**Time: 03:00AM - 05:00PM**



**Indoor Games**



**One Minute Show**

**Prof. R. D. Rajkuvar  
(Coordinator)**

**Dr. R. S. Dhake  
(Coordinator)**

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

**Dr. Vijaykumar P. Wani  
(Principal-IOE)**