

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

Name of the program: Induction Program: Day-6

Date: 11/11/2022

Time: 10:00AM - 05:00PM

Day: Monday

Venue:

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

Session 1: Yoga & Meditation

Time: 10:00AM - 11:15AM

Session 2: Expert Lecture on "How to develop Social Aspects"

Time: 11:30AM - 01:30PM

Objectives:- As humans, social interaction is essential to every aspect of our health. To developed a strong network of support or strong community bonds fosters both emotional and physical health and is an important component of adult life.

This session was conducted by Mr.S.V.Sawant,he explain the way how we communicate, interact with one another, and function in our daily lives are all influenced by the social aspects of our society. He explain by some examples Social aspects in the United States, for example, may include a belief in God, valuing hard work and success, and gaining an education.

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



Session 3: MET got Talent

Time: 02:00AM - 03:0PM

This session was conducted by Dr .Pradnya Raut And Prof.Seema Nikam



Essay Competition

Session 4: Physical Activity.

Department of First Year Engineering

QUIZ-COMPETITIONS



*Work hard,
Dream big,
Never give up.*

*Success only
comes to those who
dare to attempt.*

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**INSTITUTE OF
ENGINEERING**
DTE CODE : 5151

Quiz Competition

Time: 03:00AM - 05:0PM

Prof. R. D. Rajkuvar
(Coordinator)

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

Dr. R. S. Dhake
(Coordinator)

Dr. Vijaykumar P. Wani
(Principal-IOE)