

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

Name of the program: Activity "Garba"

Date: 05/09/2024

Time: 2.00 to 4.00pm

Day: Thursday

Venue: Sport Department

Induction Coordinator: Dr. R.S.Dhake

Activity Coordinator- Prof.Sneha Pekhale

Resource Person: Miss Anaya Kothawade

No. of Participants: 120

**Objective of Activity-**

1. To celebrate the rich cultural heritage of India by introducing students to the traditional dance form of Garba.
2. To create a platform for students to interact, bond, and engage in a fun-filled group activity.
3. To instill a sense of joy, unity, and enthusiasm as part of their induction experience.

As part of the induction program for the new students, a vibrant and colorful **Garba session** was organized on **5<sup>th</sup> Sept 2024 at MET Institute of Engineering** during Induction Programme 2024. The session aimed to introduce students to traditional Indian culture, foster teamwork, and provide a lively and interactive environment for bonding and celebration. The session began with a brief introduction to the history and cultural significance of Garba, a traditional Gujarati dance form performed during Navratri. The instructor explained the basic steps and rhythmic patterns to the participants, ensuring everyone could join, regardless of their prior experience. The session was accompanied by live music or pre-recorded tracks featuring traditional Garba songs. The beats of the dhol and rhythmic claps created an electrifying atmosphere, and students quickly picked up the steps, forming concentric circles as per Garba tradition. As the session progressed, the energy in the room escalated, with participants showcasing their creativity and enthusiasm. The vibrant attire of some participants further added to the festive spirit. Faculty members and senior students joined in to encourage and motivate the newcomers. The session ended with a high-energy **dandiya round**, where students paired up and performed synchronized dance moves with wooden sticks, further enhancing the collaborative and celebratory vibe.

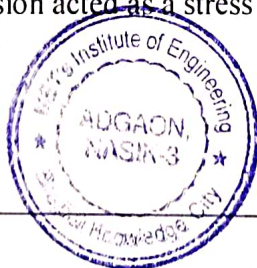
**Student Feedback**

The session received tremendous appreciation from the students, who enjoyed the opportunity to learn and participate in a cultural activity. Some of the feedback included:

- "It was so much fun! Even though I didn't know the steps, the instructor made it easy to follow."
- "The Garba session brought everyone together—it felt like a festival!"
- "This was my first time trying Garba, and I loved the energy and the music!"

**Outcomes**

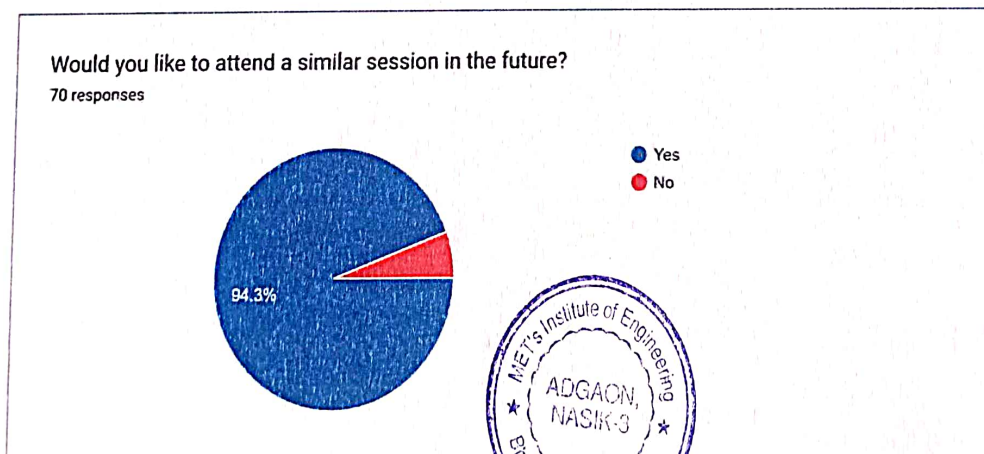
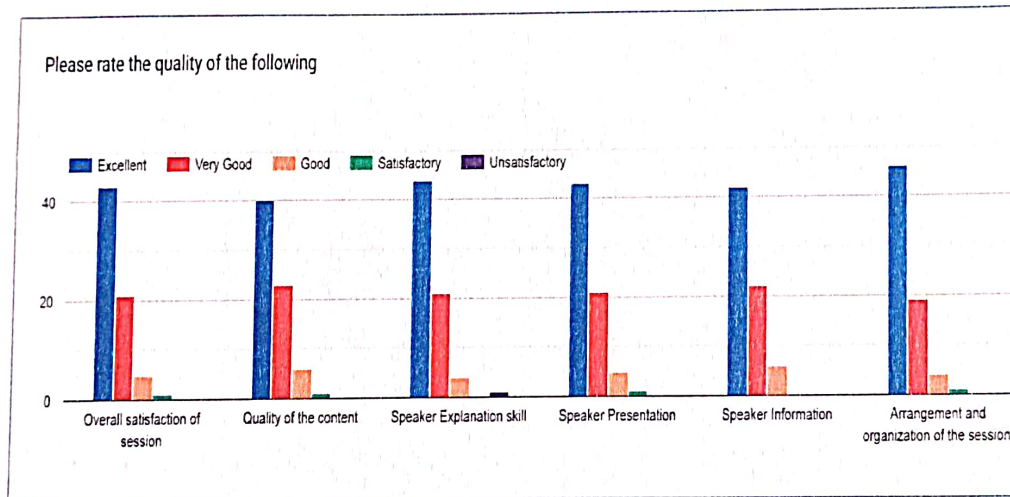
1. **Cultural Exposure:** Students were introduced to the rich cultural tradition of Garba, which helped foster appreciation for Indian heritage.
2. **Team Building:** The group activity encouraged collaboration and bonding among participants.
3. **Joy and Energy:** The session acted as a stress reliever and filled the participants with enthusiasm and positivity.














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

  
**Dr. P. S. Raut**  
 (Coordinator)

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