

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

Name of the program: Induction Program: Day-3

Date: 24/01/2024

Time: 10:00AM - 05:00PM

Day: Wednesday

Venue: Amphitheatre ,Main lobby

Coordinator: All FE Staff

Session 1: Dhol Pathak

Time: 10:00AM – 11:00AM

The second day of the METOTSAV-24 began with the presentation by Nashik's famous DHOL troupe "KALAKSHETRA". A part of Maharashtra's culture as well as history, it was glorified by the beating of drums in victory processions or celebrations of festival by hindu mythology. Even today in Maharashtra and Nashik, processions are taken out with the performance of dhol teams on various festivals. Earlier, only young boys used to participate in dhol troupe, but nowadays even women are enthusiastically participating in this troupe without being left behind. Through this group, first year students participated and enjoyed playing the instrument.



Session 2: Artistic Fusion Event

Time: 11:00AM - 12:00PM

In afternoon session we invited the famous music fusion group. While a lot of music can often contain influences from around the world, fusion music is a genre in itself. Fusion music is a blend of two or more styles of music. For example, rock and roll, which developed in the United States in the 1940s and 50s, is a fusion of gospel, jazz, rhythm and blues and country music. Composers have been influenced by other world cultures throughout history, but pop fusions have become more common since the 1960s. Through this group, first year students participated and enjoyed playing the instrument.



Session 3: Fitness Workshop on “ZUMBA” | Time: 12:00AM - 1:00PM

The third session was organized for physical fitness by dance type “ZUMBA”. The more you enjoy your exercise routine, the more likely you are to stick with it. Many people say they have so much fun dancing that they forget they are actually exercising. Zumba is a powerful exercise with a 600 to 1,000-calorie burn in just an hour. You may feel sore in places you never knew existed, but it gets results. Zumba targets lots of different muscle groups at once for total body toning. Turning your attention to dance, and away from the daily grind, is a great way to relieve stress. Studies show that exercise is very effective at reducing fatigue, improving alertness and concentration, and enhancing overall cognitive function. It has been observed that in today’s life mostly in students the physical fitness is very important because it does not maintain your physical health as well as it maintain mental health, both things are very important in students but observation says that students are not interested to maintain these health during busy schedule, but if we make it interesting through dancing then it become very beneficial. So students from first year engineering are actively participated and gave assurance that they will utilize same thing on every day.





Session 4: Interaction with member of Bhadipa team.

Time: 01:00AM - 2:00PM

The next session is an interaction with member Paula MyGlynn who is CEO and Co Founder of famous youtube channel “BHDIPA”. She is known as Canadian Marathi Mulagi, during her interaction she had more focused on Marathi language of Maharashtra I have wondered why people are so surprised to hear me speak in Marathi- Maharashtra is the state where I live, work, and play! I stand by my statement that Maharashtrians should hold higher expectations for people living here to learn the local language. In Mumbai it’s easy to get by on Hindi and English as it’s so cosmopolitan but Marathi should have more presence! I’m often amazed at how many Mumbaikars don’t understand Marathi despite living their whole lives here. Let’s put in a little effort this marathibhashadin and learn a new Marathi word or five!! You don’t need to become fluent and a little bit goes a long way... just ask me!



Session 5: MET Got Talent

Time:03:00AM - 5:00PM

The last session of the same day was MET GOT TALENT program. In this program maximum students have participated and shows their talent in various activities like singing, dancing, skeet, stand up comedy, music etc. The first year students also showed their talent in the same program.





Dr. R. S. Dhake
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