

Manav Rachna University

Student Orientation

Programme for

First Semester Students

22ND AUGUST - 22ND SEPTEMBER 2022



Manav Rachna University conducted an orientation program for first-semester students from 22 August 2022. The program was aimed at familiarizing students with the university's environment, academic culture, and support services. The orientation program was designed to help new students settle into their new surroundings, become familiar with university life, and begin to develop their academic skills.

Program Overview:

The orientation program spanned for 21 days, and it was packed with various events and activities that aimed to provide students with a holistic understanding of the university and its culture. The program began with a welcome ceremony, where the students were introduced to the faculty members and administrative staff. The students were then taken on a tour of the university campus, where they were shown the various facilities, such as the library, laboratories, sports complex, and hostels.

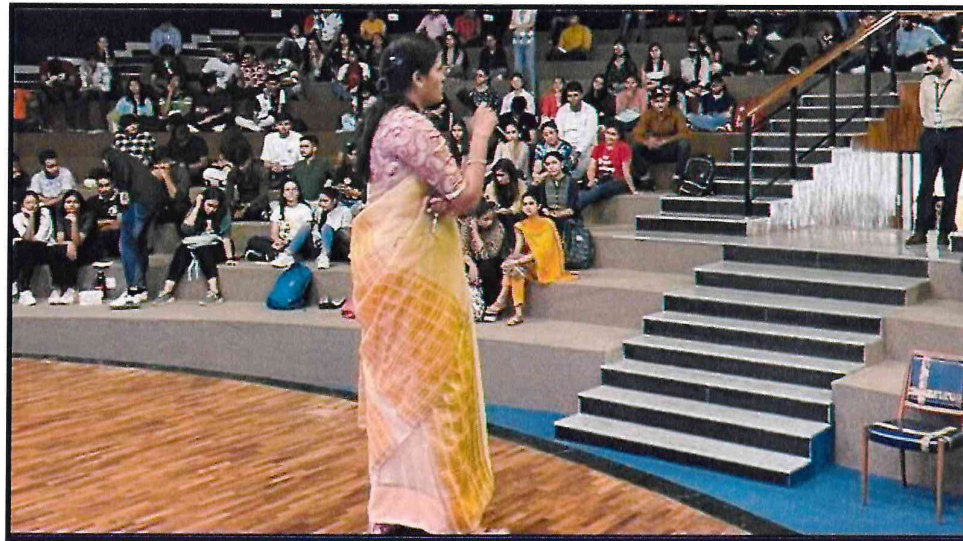
The orientation program also included academic sessions, where the students were introduced to the university's academic culture and expectations. The academic sessions covered topics such as time management, note-taking, and academic integrity. The sessions also focused on study strategies and how to develop effective study habits. Additionally, the students were introduced to the university's academic support services, such as tutoring, counseling, and academic advising.

Apart from the academic sessions, the orientation program also included various social events, which aimed to help students integrate into the university community. The events included ice-breaking sessions, cultural nights, and talent shows. The events provided students with the opportunity to interact with their peers, make new friends, and get involved in extracurricular activities.

24TH AUGUST

The orientation day for Engineering and Non-Engineering programs kicked off with the relaxation session taken up by Dr. Geeta Thakur, Dean of Student Welfare. It was indeed a fresh and rejuvenating start to the day with the relaxation session. It is an effective medium to combat stress through deep breathing, visualization, meditation, yoga, etc.





Session by Dr. Geeta Thakur (24/08/2022)

Next in line, the Universal Human values (UHV) session by Dr. Ritu Sharma was conducted to draw the attention of all towards the problems and challenges that are there in front of youngsters at the levels of individual, family, society, and nature.



Session On UHV(Universal Human Values) by Dr. Ritu Sharma (26/08/2022)

The succeeding session in the orientation was on the topic of Gender Sensitization. The resource person was IIM Bangalore Alumna, Ms. Shaifaly Sangal. She has founded Young Minds- India's finest minds network as well as Women with Wings. She is also the State President of the Women Indian Chamber of Commerce & Industry, UP HR Council. She has been honored with several accolades such as the HR Championship Award hosted by HR India, Entrepreneurship Excellence Award by Global Innovative Entrepreneurship &



Startup Summit & “Real Superwoman Award” by Star India Awards. She has conducted several sessions on women's motivation, leadership, entrepreneurship, personal branding & communication.

Dr. Manmeet felicitated the guest speaker with a plant sapling. The speaker talked about her entrepreneurship journey where she had to face gender stereotyping during networking. She stressed that women’s family structure must be severed from her career. She also urged students to be invisible leaders or leaders without tags I.e. leaders of their own life. The speaker then asked questions about gender stereotyping as it is important to bust myths surrounding males and females. She asked students to introspect. Finally, she talked about the importance of gender sensitization and the need for bridging the gender gap.



Student Alumnus Ms. Shaifaly Sangal Delivering Session on entrepreneurship

The topic of International collaboration & Student opportunities on the Global scene was highlighted in the consecutive session. The resource person was Col Girish Sharma, Executive Director of International affairs, Education Centre Planning & Coordination, Manav Rachna Educational Institutions, followed by Mr. Ishan Taneja. He has a distinguished service of 14 plus years in Business Development of the corporate world. He heads the “Office of International affairs” and New Business Initiatives for MREI. Dr. Geeta Thakur felicitated the guest speaker with a plant sapling.

The speaker talked about various tie-ups, MOUs, and International Collaborations of MREI and urged the students to make good use of the basket of schemes, scholarships & associated avenues of International exposure that the University offers. He gave valuable insights on the details of such courses, student credit transfers & exchange programs that the students can avail of. Students listened in rapt attention and were curious to take the lead in such academic

pursuits.



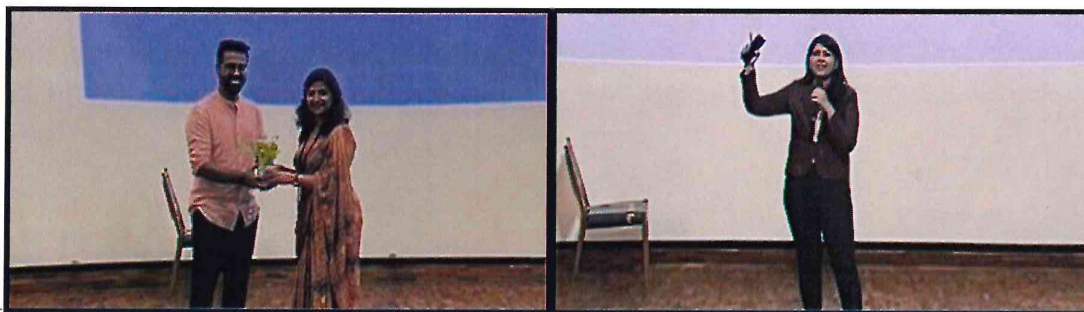
Dr. Geeta Thakur Welcoming Guest Mr. Ishan Taneja



Session by Guest Speaker- Mr. Ishan Taneja

Alumni interaction was very informative and encouraging, conducted by Ms. Niharika Yadav and Mr. Himanshu Sehgal. Mr. Himanshu motivated the students by briefing on his journey as an engineer and travel blogger.





Session by Alumni - Mr. Himanshu & Ms. Niharika Yadav

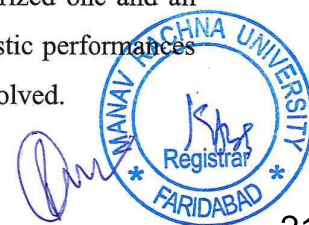
Ms. Niharika discussed how to aim, ambition, and how well-defined goals are important in one's life. The session aimed to aid students to improvise their careers. They shared their experience and motivated the students toward their goals. At the end of the session, there was an interactive session with the alumni answering various queries raised by the students.

Post lunch, an insightful learning session was organized for newly admitted students of Engineering and Non-Engineering streams of Manav Rachna University on the theme, 'Exploring Digital Learning Tools and Possibilities: Making Sense through Mindfulness'. The resource person for the session was Dr. Savita Sharma from the School of Education and Humanities, Manav Rachna University. She is also a mindfulness trainer with rich experience and expertise in the area. The session was perceived to be very useful with the inclusion of documentaries, hands-on activities on mindful breathing, and discussion-based interaction with the participants.



Session On Exploring Digital Learning Tools by Dr. Savita Sharma(Education Deptt.) (24/08/2022)

The day culminated with a melodious musical evening performed by the band 'KALESH'. They enchanted the audience with their musical Bollywood numbers. They mesmerized one and all with their magical notes involving the audience. Senior students gave enthusiastic performances making everyone sing and dance. It was engaging and fruitful for one and all involved.





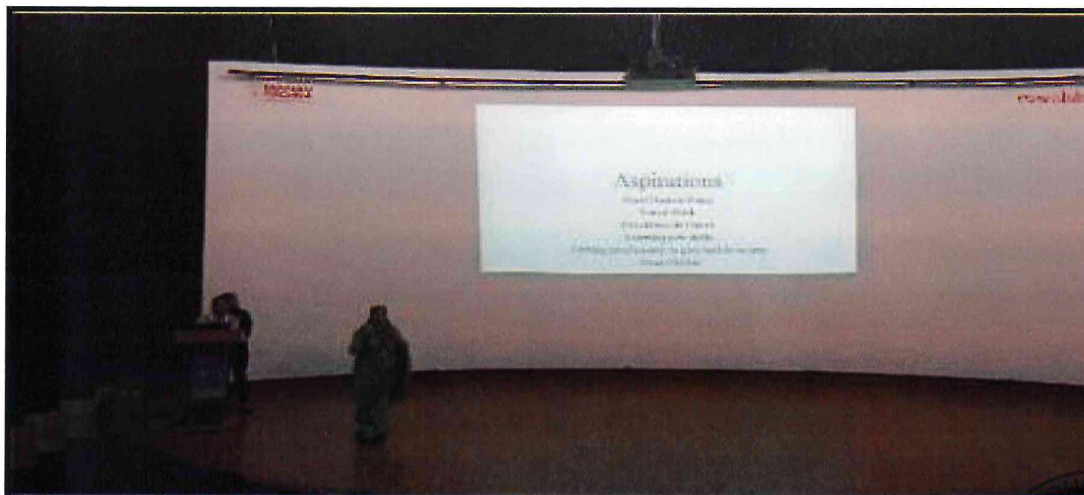
Session by DSW Students



Session by KALESH

25TH AUGUST

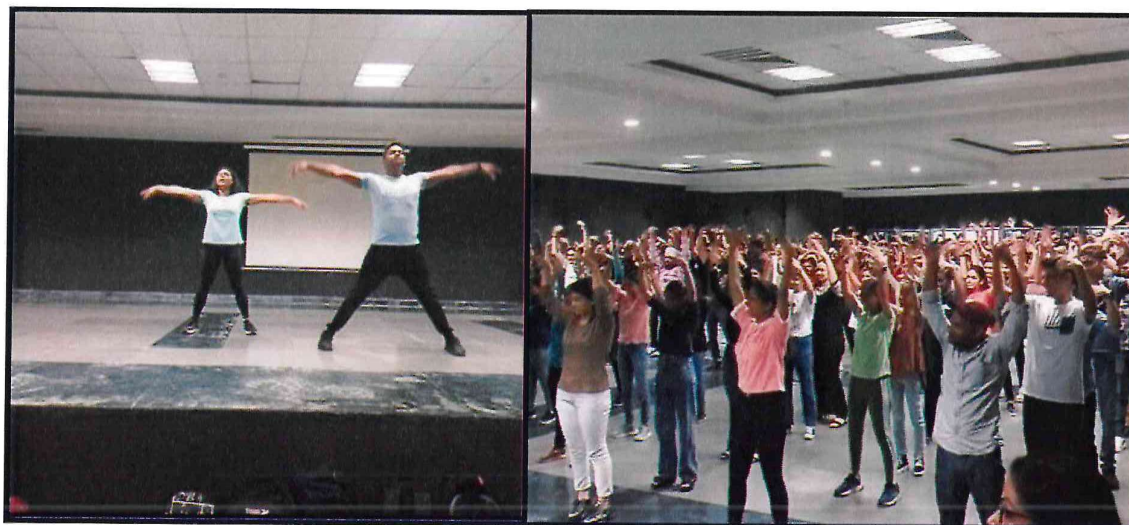
Universal Human Values is a landmark association that works to inculcate abilities beyond the formal curriculum of the students. Developing abilities like Aspirations, Expectations, Gratitude, Thankfulness, human values and ethical conduct are the entire core features of an individual's life. With this aim in mind, Dr. Ritu Sharma started the day with the Universal Human Values session. Students were involved in various activities.



Session On UHV(Universal Human Values) By Dr. Ritu Sharma session



Next in line, the Zumba session was held to energize students. The session was conducted by Mr. Sumit Kumar and his team. The objective of this program was to escalate the students' spirit, burst stress, and make them physically active.



Zumba session during Orientation

In the 'Campus to Corporate' session, Ms. Rakhi Pruthi (Head CRC) briefed about the resources available in MREI. The Corporate Resource Centre (CRC) is one of the facilitating units of Manav Rachna Educational Institutions (MREI), which engages with the industry and constantly strives for expanding the industry- academia interface. She discussed some of the eminent recruiters conducting placement including TCS, IBM, NTT Data, Tata Steel, E&Y, Samsung R&D, Nokia, HSBC, Yamaha Motor Solutions, Radisson Blu Plaza, NIIT Technologies, Infogain, HDFC Bank, Kotak Mahindra Bank, JTKET, Sona Koyo, Stryker, The Grand Hotel, Times Business Solutions Ltd., Sonalika International, and the likes.

Ms. Rakhi provided valuable input to the students regarding the market-relevant skills to prepare and to become more employable, and equipped with market- ready skills. She apprised the students about career planning, placement, automation system, placement policy and guidelines, and placement preparation. She extensively discussed soft skills and their importance in the present world. She conducted an activity named KIT KAT BREAK, wherein she asked for the name of brands by displaying their logos.

In continuation of a series of talks for the newly admitted batch of 2022, Post lunch a session on "CDC and personality enhancement" was planned for the newly admitted students. Dr. Hanu Bhardwaj and her team introduced the Career development center with its objectives and various interventions during the student's stay. The team member started the session with storytelling, which ended with learning that the individual's choice matters to succeed.





Session by CDC Spokesperson

Additionally, Dr. Hanu Bhardwaj discussed the various verticals of CDC (Career Development Centre) and the learning interventions in the financial, intermediate, and final years. Students were also introduced to the 'AMCAT' and 'SHL' tie-up to assess themselves. The session ended up with a motivational video messaging never to give up. The dean of Students' welfare, Dr. Geeta, thanked and felicitated the entire team CDC. It was a wonderful learning session for the students motivating them to plan their career paths.



CDC session in Progress



The day ended with an energizing session on indoor sports activity. The students were introduced to the sports facilities on campus. The Director of Sports MREI, Shri Sarkar Talwar, Dronacharya Lifetime Awardee, introduced his team to the new entrants. He motivated the students to be fit and play. Students played table tennis, carom, chess, and badminton.



Students Playing table tennis, carom, chess, and badminton.

26TH AUGUST

Sports Session

The day commenced with another session on Universal Human Values. Dr. Ritu Sharma conducted the session and gave an insight into the realm of happiness and state of mind. Various interesting activities were conducted during the session in which students actively participated and enjoyed.

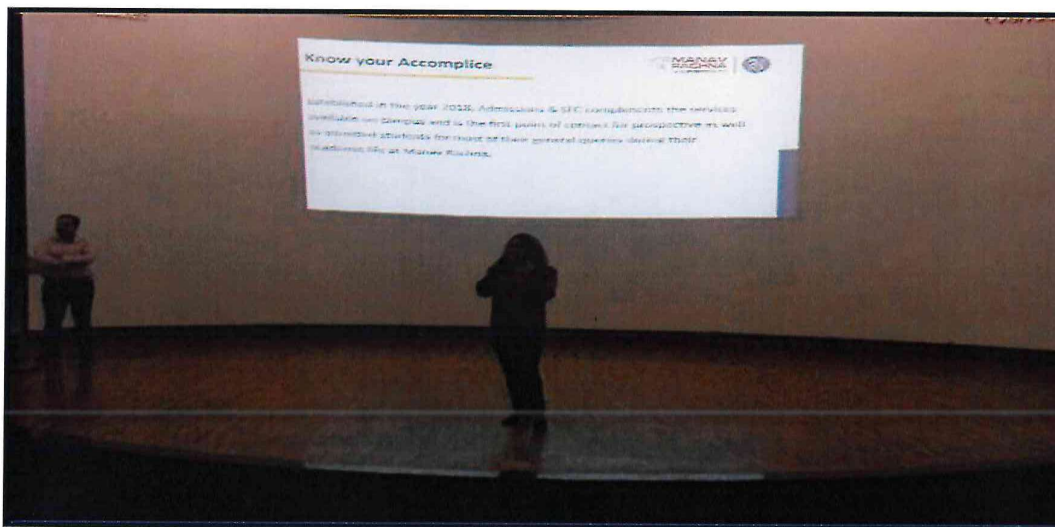
Dr. Geeta Thakur, Dean of Student Welfare introduced the Peace and Sustainability Club as Manav Rachna University has a strong faith in youth power and their conviction in making a better world in the succeeding session. She stated that performance in bringing social good is more conspicuously noticed than economic operational performance. She motivated students to be sensitized Global citizens and to make Manav Rachna and India shine in the world.



Student Facilitation Centre by Ms. Kanupriya

Next in line, the session on Student Facilitation Centre by Ms. Kanupriya was conducted to let

students know that SFC compliments the services available on campus and is the first point of contact for students for most of the general queries during their academic life at Manav Rachna. She introduced the five broader areas: Academic queries, financial requests, examination aids, housing facilities, and general services.



Student Facilitation Centre by Ms. Kanupriya in Progress

The session on Dr. O.P. Bhalla's foundation was first taken by Dr. N.C. Wadhwa, the Vice Chairman, Dr. O.P. Bhalla Foundation and further initiated by Ms. Ritika Singh, Programme Coordinator, one of the team members of the foundation. Dr. N.C. Wadhwa highlighted the initiatives that are being taken from time to time by the foundation.

He threw light on the initiatives like Skilled India, Skill Development, Adoption of villages by the foundation, Ek Mutthi Daan, etc. He also enlightened the students by telling them about the activities and initiatives done by the foundation during the covid time. He also encouraged the students to participate in these activities and be a part of the foundation. He talked about the importance of being a good human being and how you can contribute to society. He mentioned that to lead a good life one needs to be a good human being first.



Session by N.C. Wadhwa

The further session was taken by Ms. Ritika Singh, the Secretary of the foundation. She talked about the role of Individual Social Responsibility and how one can gain purpose and happiness by contributing to the larger good. She asked 10 students to come forward to donate a pen and more than 10 students came forward to donate their pens.



Session by Ms. Ritika Singh, the Secretary of the foundation

She addressed the students with full energy, motivated them to be a part of the foundation, and encouraged them to start doing good deeds by taking and initiating small steps to help society and the nation. She also told the students about the working of the foundation, and how the foundation works for welfare in different areas like old age homes, blood donation camps, education, and slum areas.

She also applauded the students who promised to take the initiative for the welfare of society. The students also participated and listened patiently and with full devotion to the speakers of the session. Toward the end Dr. N.C. Wadhwa and Ms. Ritika were presented a sapling by Dr. Subodh Saluja, Associate Professor, School of Management and Commerce, Manav Rachna University along with Dr. Geeta Thakur, Dean of Student Welfare, Manav Rachna University.



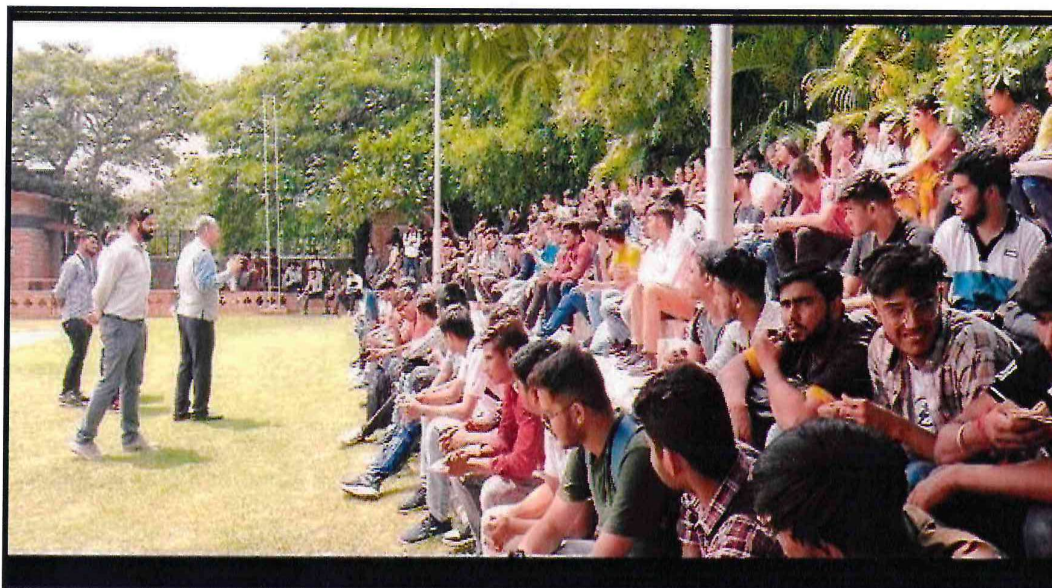
Session in Progress by Ms. Ritika Singh, the Secretary of the foundation

A handwritten signature in blue ink, likely belonging to the Registrar of Manav Rachna University.



Post lunch, a session was conducted by chief proctor Prof (Dr) Sudhish Kumar Shukla. The objective of the presentation was to make students aware of the importance and relevance of discipline in their life. Some rules were strictly put forward like the use of cell phones in the academic area is prohibited. Prof Shukla talked about various committees/cells (anti-ragging committee, anti- ragging squad, women cell, grievance cell, etc.) for students to use in their future life at the MRU campus. Overall the session was very informative. It was anchored by Dr. Akhilesh Kumar Dwivedi, Associate Professor of the School of Education & Humanities.

The day ended with an energizing session on Outdoor sports activities. The students were introduced to the outdoor sports facilities on campus. The Director of Sports MREI, Shri Sarkar Talwar, Dronacharya Lifetime Awardee, motivated the students to play volleyball and basketball. Students actively played and enjoyed the session.



Session on Outdoor Sports Activities

29TH AUGUST

The day commenced with a scintillating session on Universal Human Values conducted by Dr. Shobha Shrivastava, Deputy Registrar of Administration & Students Facilitation at Manav Rachna International Institute of Research & Studies. Ma'am highlighted the importance of a conscious mind by imbibing breathing exercises and warming up activities. She emphasized the role of the mind as a guide in maintaining discipline in life. She elaborated on various ways to live and enjoy the present.





Universal Human Values conducted by Dr. Shobha Shrivastava

The succeeding session on Research and Innovation, "A Culture Of Research And Innovation" was conducted by Dr. Pradeep K. Varshney, Dean of Research & Development Cell (RDC) and Dean of Applied Sciences with the vision to educate students in frontier areas of knowledge and to develop the environment as the thrust area of research & development.

The session started with a brief discussion of the topic and how "jugaad" is another word for innovation and creative thinking. Further, Sir discussed why it is important for students to contribute and how they could contribute in the sphere of research and innovation. Students have also been introduced to typical research processes as well as the idea of the ideal 3h's project team that includes (a hacker, hipster, hustler) developer, designer, and manager.

Later half of the session was all about various opportunities and facilities provided to the students within the university in 'Research and Innovation Facilitation Units' for students and faculty members. Sir encouraged the students with major student achievements and events organized. The session was an eye-opener and informative for all the members present and listening.



Research and Innovation Facilitation Session by Dean Research

Lined up next, the session on 'Start-up and Entrepreneurship', aiming to introduce the students to distinct knowledge and information on startups was conducted by Dr. Amit Seth and Dr. Monica Goel along with their team Mr. Kartik Rampal (Program Coordinator NewGen IEDC, Manav Rachna), Chirag Garg (Budding Startup), Aman Choudhary (Founder, My Garage), and Shivam Hans (Team E-Cell).

During the address, the team shared their experiences of their startup journey and how they established it. An explanation of what a startup is and how to establish it was answered to the students in a question-answer form which was prepared by the speakers and many questions were asked by the participants, this made the session interactive and interesting. The session was very insightful, informative, and fruitful.



Start-up and Entrepreneurship by Dr. Amit Seth

30TH AUGUST

Manav Rachna University's Diverse program Mix Incredible Program inspires and teaches students about start-ups and entrepreneurship.

Dr. Parneeta Dhaliwal (Director, Innovation, and Incubation), Prof., DoCST (Manav Rachna University) with her distinctive knowledge explained to the students that start-up refers to a company in the first stages of operations. Further, she discussed Team-Innovation and Incubation. She shared interesting startup statistics and discussed important business strategies like business vision and goals, understanding the relationship between the market and the customers, managing financial allocation, and identification of the market strategy.

She also informed the students about the benefits of startups and how Manav Rachna University supports and facilitates them. The session was informative and enthusiastic.





Session on Student Welfare

Next in line, a session on Student Welfare was planned which began with the Introduction of the Department of student welfare by the Dean of Student Welfare, Dr. Geeta Thakur. She introduced the clans to the new students, explained the roles and responsibilities of the student welfare department, and introduced all the members.

Further, the session was planned by the president Ms. Durga Bhardwaj and deputy president Mr. Pranav Thakur. Both of them introduced all the team members. They also briefed about the student societies and showed a glimpse of the activities of previous years through video. All the student heads were called onto the stage and introduced to everyone.

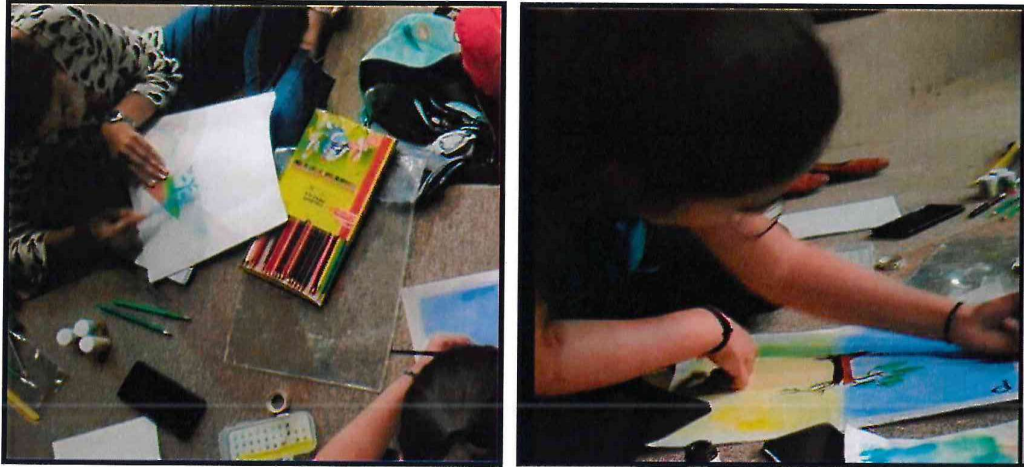


President Ms. Durga Bhardwaj and deputy president Mr. Pranav Thakur Presenting DSW

Students were motivated to participate and show up their talents. Some interesting games were also planned for the new batch of students to make them feel confident and friendly by their seniors. Saree draping fun activity by men was done with a message of equality. Students enjoyed themselves and had a lot of fun. Then the talent hunt show was planned in which all the fresh faces



participated. Dance, Music, Literary, Fashion, and Comedy were students' main areas of interest. The show was judged by Dr. Ritu Sharma, Dr. Geeta Thakur, Dr. Chaitali, Dr. Priti Gupta, and Dr. Shilpa. Some amazing talents were showcased and the results for the same will be announced on 9th September 2022.




Poster Making by students

The interested students participated in the Poster and Slogan Making competition on the topic of Environment. The session was fun for all the students in which all the students enjoyed and got a chance to interact. The session ended with beautiful performances by the Moksh society. The amazing performances of the students completed the day.



Cultural Activities like Fashion Show, Dance performances and street play by students


Praveen