

DEEKSHARAMBH- STUDENT INDUCTION PROGRAMME'23

We are utterly delighted to share the report of Deeksharambh- Student Induction Programme'23 organized by Faculty of Education, Dr. M.G.R. Educational and Research Institute on 12.10.2023 for B.Ed. I year students. The Inaugural session started with welcome address given by Dr.K.Geetha, Principal, Faculty of Education and introduced the faculty members. The Day1 Session hosted by Prof.V.Radhika, Additional Registrar, Phase II, Dr.M.G.R.Educational and Research Institute on the topic 'The power of Inner Drive'. She highlighted the significance of inner drive, how it can lead to personal growth, self-improvement and self motivation. She intensified Mary Kom, Kalpana Chawla, Dipa Karmakar etc. for their success and how inner drive assisted them to reach their goals with hard work and determination. Finally she made them to feel the uniqueness of inner drive and stressed the continuous practices to achieve their goal successfully. The topic discussed will be of great benefit to the B.Ed. I year students to handle the new generation and their future development with peace and self satisfaction. The session was ended with vote of thanks. We express our deep gratitude to our Honorable President, Er.A.C.S.Arunkumar for his encouragement. We thank all the executives for their continuous support.

Day 2

We are delighted to share the report of Deeksharambh - Student Induction Programme'23, organized by Faculty of Education, Dr.M.G.R. Educational and Research Institute on 13.10.2023 for B.Ed. I year students. The session was hosted by Dr.K.Geetha, Principal, Faculty of Education, Dr.M.G.R. Educational and Research Institute on the topic "Promoting Social Responsibility through Outdoor Education". She gave an intricate talk about the outdoor education. She emphasizes the important of knowledge when people come outside as a conducive learning environment. She also mentioned that there is a scientific proof that "the learning process is faster" when students "learn by doing" by having first-hand interactions with people, things, and places. Today's programme made the students to be aware of social responsibility through outdoor education. We articulate our sincere thanks to our Honorable President for granting us permission and providing all the requirements to organize the event. We also extend our gratitude to all the executives for their constant support and guidance.

Day 3

We are delighted to share the report of Deeksharambh - Student Induction Programme'23, organized by Faculty of Education, Dr.M.G.R. Educational and Research Institute on 14.10.2023 for B.Ed. I year students. The Session hosted by Dr.A.R.Arunachalam, Dean-Academic, HOD Computer Science, Phase II, Dr.M.G.R.Educational and Research Institute on the topic 'E-LEARNING RESOURCES'. He highlighted the significance of computers, how it can lead to a digitally programmatic way in this new era. He mentioned about ICT, AI – Chat GPT and also referred few online learning resources like SWAYAM, NATIONAL DIGITAL LIBRARY (NDL), VIRTUAL LABS, UDEMY, YOUTUBE, E-Journals, etc. to make teaching- learning process a effective one. He detailed the differentiation between traditional method of learning and virtual learning. He said that digital learning is a big umbrella that covers ever type of

modern learning techniques today. The session was really helpful to the students. We express our deep gratitude to our Honorable President, Er.A.C.S.Arunkumar for his encouragement. We thank all the executives for their continuous support.

Day 4

We are delighted to share the report of Deeksharambh- Student Induction Programme'23 organized by Faculty of Education, Dr.M.G.R. Educational and Research Institute on 16.10.2023 for B.Ed. I year students. The Session was hosted by Dr. T.Bharathi, Assistant Professor, Department of Physical Education and Sports, Phase II, Dr.M.G.R. Educational and Research Institute on the topic 'YOGA AND WELL BEING '. He emphasized the importance of Yoga, which is connected with Body, Mind and Soul and it was started at Himalayas by the Guru named Patanjali. He focused on the branches of eight limbs of Yoga (YAMA, NIYAMA, ASANA, PRANAYAMA, PRATHYAHARA, DHARANA, DYANA and SAMADHI) and it's benefits. The topic discussed will be of great benefit to the B.Ed. I year Students to concentrate more on their career and well being. We express our deep gratitude to our Honorable President, Er.A.C.S.Arunkumar for his encouragement. We thank all the executives for their continuous support.

Day 5

We are delighted to share the report of Deeksharambh- Student Induction Programme'23 organized by Faculty of Education, Dr.M.G.R. Educational and Research Institute on 17.10.2023 for B.Ed. I year students. The session was hosted by Dr. P. Senthamizh Pavai, Assistant Professor, Faculty of Education, Phase II, Dr.M.G.R.Educational and Research Institute on the topic 'Magic of Memory (MOM)'. She started the session with a warm up of brainstorming games to test the memory of the students. She showed a motivational video on ' The transformation of how thoughts becomes things.' She highlighted the significance of intelligence, types of intelligence test, uses of intelligence test, limitations and memorizing techniques which was very useful to the students. The session was interactive one which helped the future teachers to involve more into the topic. Finally she made them to feel the uniqueness and the magic of memory to make continuous practices to achieve their goal successfully. The topic discussed will be of great benefit to the B.Ed. I year students. The session was ended with vote of thanks. We express our deep gratitude to our Honorable President, Er.A.C.S.Arunkumar for his encouragement. We thank all the executives for their continuous support.

Day 6

We are delighted to share the report of Deeksharambh- Student Induction Programme'23 organized by Faculty of Education, Dr.M.G.R. Educational and Research Institute on 18.10.2023 for B.Ed. I year students. The session was hosted by Dr.A.Thangam, Associate Professor, Faculty of Education, Phase II, Dr.M.G.R. Educational and Research Institute on the topic 'Work Ethics and Social Responsibilities'. She started the session with an introduction of Ethics. She emphasized the principles of professional ethics like how a teacher should guide, deal and encourage students. She stressed the need for social responsibility at home, in school and in the community. She discussed about the challenges in teaching social responsibility. Finally she

concluded by motivating the students to be a responsible citizens throughout their lives. The topic discussed will be of great benefit to the B.Ed. I year Students. We express our deep gratitude to our Honorable President, Er.A.C.S.Arunkumar for his encouragement. We thank all the executives for their continuous support.

Day 7

We are delighted to share the report of Deeksharambh- Student Induction Programme'23 organized by Faculty of Education, Dr.M.G.R. Educational and Research Institute on 19.10.2023 for B.Ed. I year students. The session was hosted by Prof.P.S.Prathibha, Deputy Dean & Program Head, Faculty of Hotel Management, Culinary Arts & De-novo courses, Phase II, Dr.M.G.R. Educational and Research Institute on the topic 'Harmonizing Career and Personal Life'. She started the session with an introduction balanced life between career and personal life. She brought attention to the significance of career advancement and personal development, concurrently offering insights on how to structure a balanced and harmonious lifestyle. Furthermore, she placed a strong emphasis on the worth of personal identity and life contentment. To wrap up her presentation, she offered valuable suggestions to help students tackle the daily challenges they encounter in their lives. The topic discussed holds immense value for first-year B.Ed. students, promising them substantial benefits. We express our deep gratitude to our Honorable President, Er.A.C.S.Arunkumar for his encouragement. We thank all the executives for their continuous support.

Day 8

We are truly delighted to share the report of Deeksharambh- Student Induction Programme'23 organized by Faculty of Education, Dr.M.G.R. Educational and Research Institute on 25.10.2023 for B.Ed. I year students. The session was hosted by Mrs.B.Monisha, Alumni, Faculty of Education, Phase II, Dr.M.G.R. Educational and Research Institute on the topic 'The Power of Equanimity: Moving Beyond Mindfulness'. The session began with an insightful introduction to the principles of equanimity and mindfulness. She illuminated the common obstacles that educators frequently come across, underlining the significance of engaging high school students with a considerate approach. The focus of the conversation was on how the practice of equanimity and mindfulness can strengthen emotional resilience and nurture wisdom and clarity. She concluded the session by presenting real-life, day-to-day situations, encouraging the participants to think critically and demonstrating effective ways to handle and address these challenges. We express our deep gratitude to our Honorable President, Er.A.C.S.Arunkumar for his encouragement. We thank all the executives for their continuous support.

Day 9

We are delighted to share the report of Deeksharambh- Student Induction Programme'23 organized by Faculty of Education, Dr.M.G.R. Educational and Research Institute on 26.10.2023 for B.Ed. I year students. The session was hosted by Dr.P.B.Pankaja, Professor, Faculty of Law, Phase II, Dr.M.G.R.Educational and Research Institute on the topic 'Women Safety: A step towards safer future '. She motivated the students as prospective mentors, fetch justice to child victims and the expansion of the scope for safety of the students. She showed few pictures on

outrageous crimes, domestic violence and specified some legal initiatives, special laws for the safety of women and children. She gave few examples on how to prevent, prohibit and redressed the crimes through various acts and also she provided some helpline numbers to the students. She explained about online offences, cyber crimes, student bullying, etc., which were very useful for the future teachers, she insisted the safety of children and gave some solution to handle a tough situation. The session was very interactive one which helped the students to involve more into the topic. We express our deep gratitude to our Honorable President, Er.A.C.S.Arunkumar for his encouragement. We thank all the executives for their continuous support.

Day 10

We are truly enchanted to share the report of Deeksharambh- Student Induction Programme'23 organized by Faculty of Education, Dr.M.G.R. Educational and Research Institute on 27.10.2023 for B.Ed. I year students. The session was hosted by Dr.Sakthi Kumaresh, HOD & Placement Coordinator in MOP Vaishnav college for women on the topic "Emerging Career Opportunities in Teaching". She motivated the students about lucrative opportunities and specified to understand the goals using SWOT analysis, highlighted the eligibility criteria for TET exams, higher education, etc., She insisted on career opportunities after B.Ed. in government sectors, private sectors and entrepreneurship. She gave steps and techniques for interview preparation and introduced few teaching certifications like Montessori Teaching, Government Fellowship programs, Teach for India (in Ramana Vidhyalaya) and insisted building the skill sets of students in a dynamic and pro-active participation towards their career. The session was very useful for the future teachers. The session was very interactive one which helped the students to involve more into the topic. We express our deep gratitude to our Honorable President, Er.A.C.S.Arunkumar for his encouragement. We thank all the executives for their continuous support.

Dr. M.G.R. EDUCATIONAL AND RESEARCH INSTITUTE
DEEMED TO BE UNIVERSITY
UPEAC No. 100/2001 - 2018 Certified Institution
Propose to RA, High Road, Madhavoyal, Chennai 60, Tamil Nadu, India.

FACULTY OF EDUCATION (B.Ed.)
WELCOMES THE PROSPECTIVE TEACHERS

for the
DEEKSHARAMBH - STUDENT INDUCTION PROGRAMME '23

Time
 10.30 a.m.
 to
 11.30 a.m.

Venue
 K101, Smart Room,
 Phase -II Campus,
 Adayalampattu.

Day 1- 12.10.2023 The Power of Inner Drive  Prof.V.Radhika Additional Registrar, Phase II, Dr.M.G.R.ERI	Day 2- 13.10.2023 Promoting Social Responsibility through Outdoor Education  Dr.K.Geetha Principal, Faculty of Education, Dr.M.G.R.ERI	Day 3- 14.10.2023 E-learning Resources  Dr.A.R.Arunachalam Dean - Academic, Phase II Campus, Dr.M.G.R.ERI	Day 4- 16.10.2023 Yoga and Wellbeing  Dr.T.Bharathi Asst.Prof., Faculty of Education, Dr.M.G.R.ERI	Day 5- 17.10.2023 Harmonizing Career and Personal Life  Prof.P.S.Prathibha Deputy Dean & Program Head, HMCT, Dr.M.G.R.ERI
Day 6- 18.10.2023 Teaching Ethics & Social Responsibility  Dr.A.Thangam Asso. Prof., Faculty of Education, Dr.M.G.R.ERI	Day 7- 19.10.2023 Magic of Memory (MoM)  Dr.P.Senthambizh Paval Asst.Prof., Faculty of Education, Dr.M.G.R.ERI	Day 8- 25.10.2023 The Power of Equanimity: Moving Beyond Mindfulness  Ms.B.Monisha Alumni, Faculty of Education, Dr.M.G.R.ERI	Day 9- 26.10.2023 Women's Safety: A Step Towards Safer Future  Dr.P.B.Pankaja Professor Dept. of Law, Dr.M.G.R.ERI	Day 10- 27.10.2023 Emerging Career Opportunities in Teaching  Dr. Sakthi Kumaresh Asso. Prof. & Head, Computer Applications, Placement Officer, M.O.P. Vaishnav College for Women, Chennai-34.











