



Bharat Institute Of Engineering And Technology
Ibrahimpattam - 501 510, Hyderabad -Telangana

Report: Student Induction Programme 2022-2023

DAY – 1: Date: 23-08-2023

Speaker: Mr. Satya Narayan, R K Mutt

The Day 1- On the first day of the Induction Program at Bharat Institute of Engineering and Technology, we were to have Mr. Satya Narayan as our guest speaker. Mr. Narayan delivered an inspiring talk on the importance of maintaining good health. He shared examples of great individuals who achieved remarkable feats by believing in the divine strength within themselves. Such as D. C. R. Rao, Bhakti Sharma who brought many International prizes to our country, India. He further spoke about the divine strength that exists in every individual giving the words of Swami Vekandaand-

Manas – Man

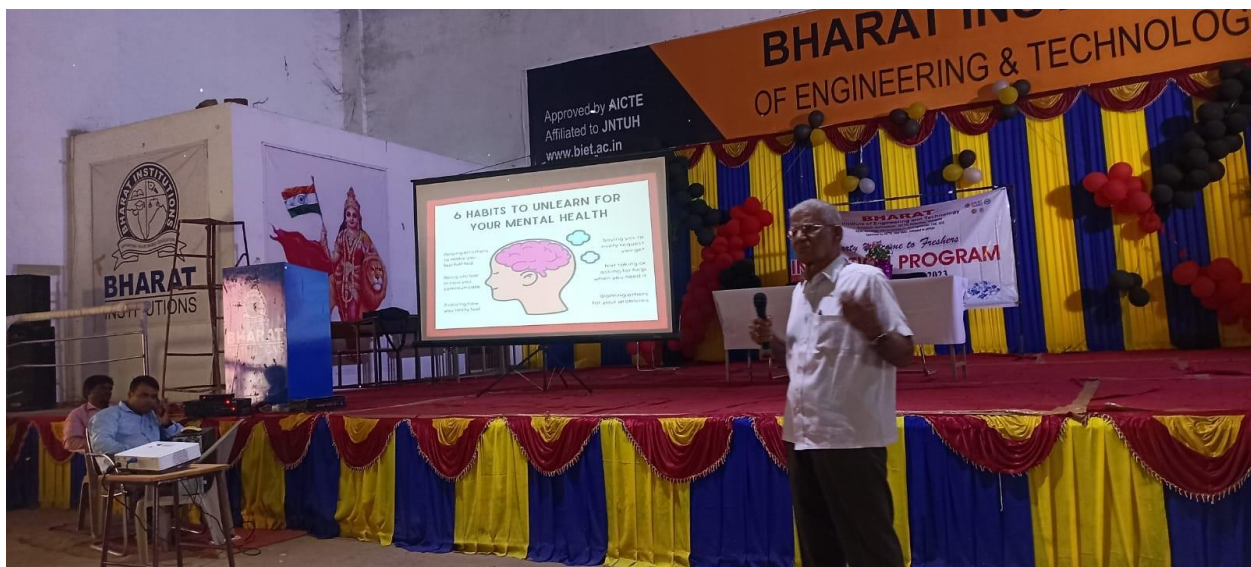
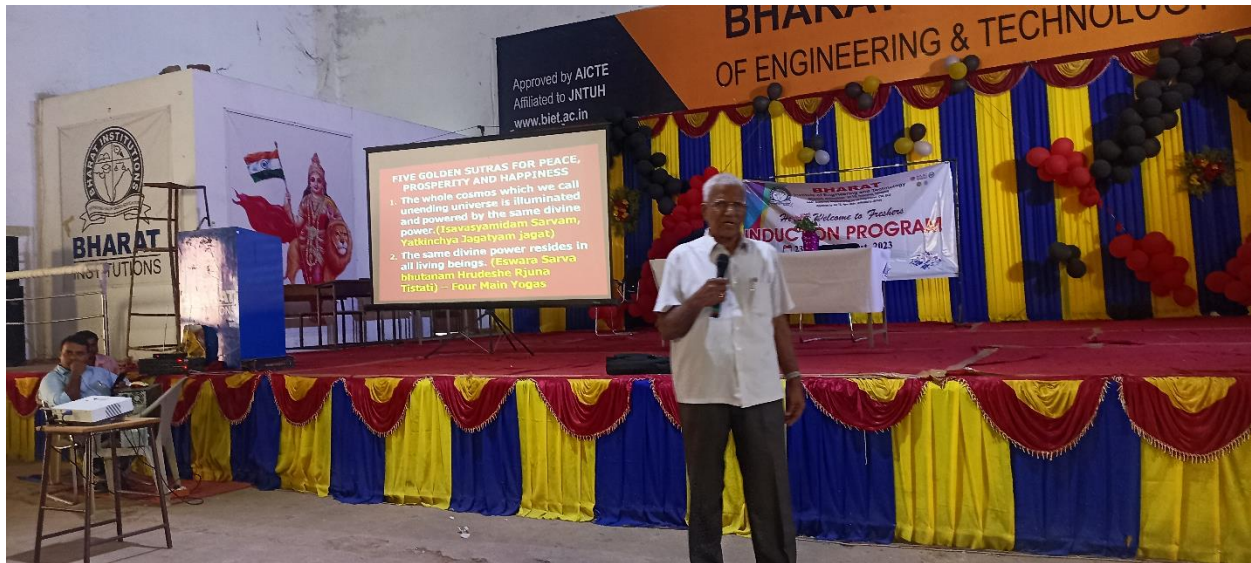
Buddhi – Intellect

Chitta – Memory and

Ahamkar – The ego principle

And when youth believes in this inner power, they can master their life. It was a motivating start to our journey. He quoted mark twain, “The two most important days of your life are: the day you were born and the day you find out why”

The session concluded with explaining the students the need to be spontaneous in their lives. Finally, the session ended with a warm wish to all the students’ good luck for their journey ahead.



DAY – 2: Date: 24-08-2023

Speaker: Mr. B. S. N. Murthy

On Day 2, Mr. B. S. N. Murthy graced us with his presence on the second day. He emphasized the value of hard work and making the right decisions in order to lead a fulfilling life. Mr. Murthy drew inspiration from Oscar Wilde's wisdom, reminding us that in today's world, many know the price of everything but fail to recognize the true value of things. His speech encouraged us to strive for excellence.

To make the students understand the economy of the mindset, hard work and perseverance, he came up with a brilliant homework-

He divided people into two categories, and explained meticulously the idea of integrity between one's thought process and action.

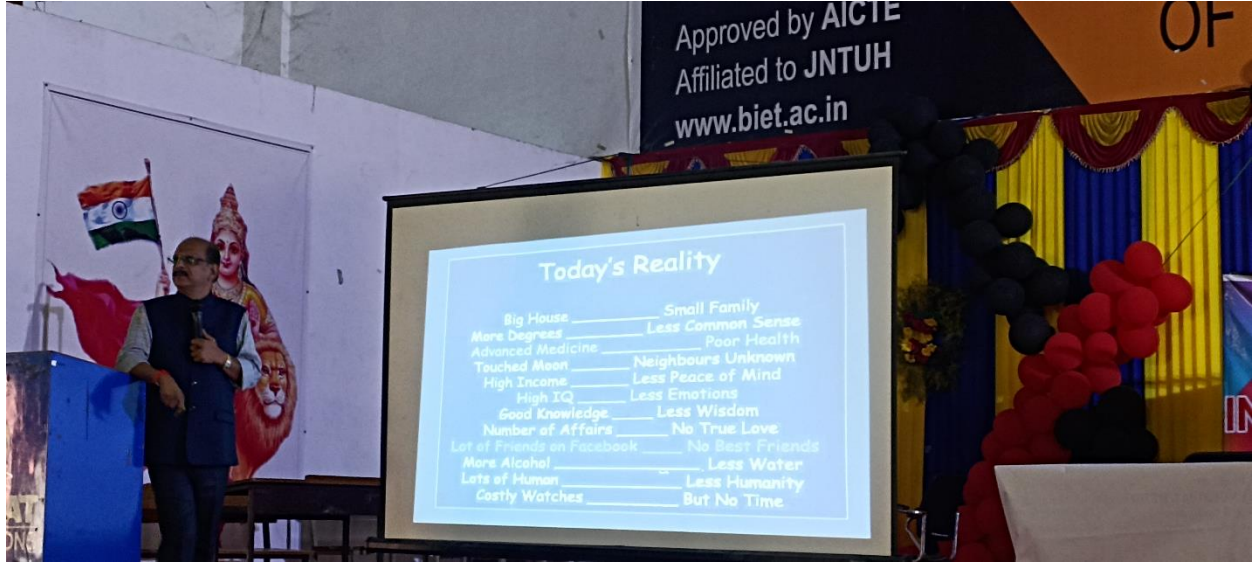
Complacent nature – 98%

- ~being like everyone else.
- ~being in comfort zone.
- ~procrastination.
- ~dull life.
- ~regret.
- ~play it safe.

The mindset of seeing beyond – 2%

- ~work hard.
- ~take right decisions.
- ~have sleepless nights.
- ~avoid easy.
- ~embracing the unknown.
- ~living without limits.
- ~confidence.
- ~exploring new things.
- ~choosing fulfilling life.
- ~being unsatisfied for less.





Day -4- Yoga-

Speaker: Mr. Surendra Katgeri

Yoga session as part of the Induction Program at Bharat Institute of Engineering and Technology was held on its 4th day. Yoga is a holistic practice that promotes physical and mental well-being, and it can greatly benefit all of us.

Yoga can be a terrific technique to relieve stress that builds up during the day in both the body and the mind for a few minutes at a time. Meditation, yoga asanas, and pranayama are powerful ways to reduce stress.

The Gayatri Mantra was chanted to invoke the blessings of the All-Powerful to start the session by Mr. Surendra Katgeri. Warming up and stretching exercises were followed by a sequence of asanas, including Padmasana, Sukhasana, Tadasana, BhujangAsana, and Shavasana. For the benefit of the teachers, stress-relieving, joint-pain-reducing, and back-flexibility-improving exercises were also performed.





DAY – 5: Date: 28-08-2023

Speaker: Mr. Balaji Sukumar

Day 5 brought us a valuable session by Mr. Balaji Sukumar. He used the analogy of preparing soil, sowing seeds, and fertigation to explain how our brains function. Mr. Sukumar highlighted that our brain is like the soil, with the subconscious mind playing a pivotal role in controlling our conscious thoughts and actions. This insightful perspective shed light on the importance of nurturing our minds for personal growth. He involved the students in some activities for understanding the mindset that subconsciously dominates the conscious mind and keeps it preoccupied with the thoughts which are unhealthy for our body and mind. He encouraged the students to have control over their habits and practices which are nothing but the subconscious mind.





Session-1 Topic : Importance of Communication Skills

Speaker : Mr. Uday Kumar Pragya

Day 6 - August 28, 2023

The final day of the Induction Program featured Mr. Uday Kumar Pragya, an expert in communication skills. Mr. Pragya shared his knowledge and insights on effective communication, a crucial skill in today's professional world. His session provided valuable guidance on how to improve our ability to convey ideas, thoughts, and emotions effectively.

He proved with a number of activities to make the students believe that we frequently fall mistaken and think that our inability to communicate in English is due to our bad English. It is incorrect to assume that. We frequently fall short because of flawed or insufficient reasoning. In other words, we fall short because our message is unclear.

Language is just a tool. The expression will be understandably clear if the mind is clear. He mingled with the students standing among them. He asked number of question to clear doubts of students and made them realize that mastering communication skills requires their total efforts. No external force will work out in this regard.



Throughout the week-long program, we were fortunate to have gained wisdom and motivation from these distinguished guest speakers. Their words of wisdom will undoubtedly serve as a guiding light as we embark on our educational journey at Bharat Institute of Engineering and Technology.