



VIGNAN'S INSTITUTE OF MANAGEMENT AND TECHNOLOGY FOR WOMEN

(Sponsored by Lavu Educational Society)

[Affiliated to JNTUH, Hyderabad & Approved by AICTE, New Delhi]

Kondapur (V), Ghatkesar (M), Medchal - Malkajgiri (D) - 501 301. Phone: 96529 10002/3



CIRCULAR

Ref. No.: VMTW/BSH/IND/2022-23/01

Date: 18-08-2022

Subject: Conduct of the Student Induction Programme for the First Year B.Tech. students (Batch 2022-23) in association with the Heartfulness Institute, from 22-08-2022 to 26-08-2022 — Instructions issued — Reg.

All First Year B.Tech. students admitted for the Academic Year 2022-23 and all concerned faculty members are hereby informed that the Institute is conducting a five-day Student Induction Programme, as mandated by the All India Council for Technical Education, New Delhi and in accordance with the guidelines of Jawaharlal Nehru Technological University, Hyderabad.

The programme is being organised in association with the Heartfulness Institute and is designed to help the newly admitted students make a smooth transition from school to college, to cultivate heart-centred living, emotional balance and character development through meditation and value-based activities, and to build a foundation of discipline, focus and social responsibility before the commencement of regular class work.

Programme Particulars

Programme	Student Induction Programme — First Year B.Tech. (A.Y. 2022-23)
Duration	22-08-2022 to 26-08-2022 (five days)
Organised by	Department of Basic Sciences and Humanities (BSH), VMTW
In Association with	Heartfulness Institute — Heartfulness Volunteers Team
Venue	VMTW Campus, Kondapur (V), Ghatkesar (M), Medchal-Malkajgiri (D)
Resource Persons	Dr. Naris Reddy; Mr. Gowtham Sharma; Mr. Narasimha Chari; Mrs. Archana; Mr. Raman
Programme Co-ordinator	Mrs. V. Suzan Shalini, Associate Professor of English, Dept. of BSH
Participants	All newly admitted First Year B.Tech. students of the 2022-23 batch

Instructions

- Attendance is **COMPULSORY** for all First Year B.Tech. students for every session of the five-day Induction Programme.
- Students shall report to the venue by 9:45 A.M. on each day of the programme and shall remain present until the close of the day's sessions.
- Students are advised to wear comfortable and decent attire suitable for meditation, yoga and outdoor activities such as the plantation drive.
- Participants shall carry a notebook and pen for the reflection-writing and self-assessment activities.
- Mobile phones shall be kept in silent mode and shall not be used during the sessions.
- Class-wise attendance shall be recorded by the concerned faculty members and submitted to the Programme Co-ordinator at the end of each day.
- All Heads of Departments are requested to depute faculty members to ensure the smooth conduct of the sessions.

The co-operation of all students, faculty members and staff is solicited for the successful conduct of the programme.


Dr G Apparao Naidu
PRINCIPAL

Copy to: CEO for information,

All Deans, All HoD's, TPO, Admin, Library, Exam Branch, IQAC,
&Transport, Hostel In Charges, Supervisors and Wardens

PROGRAMME SCHEDULE / TIME TABLE

Student Induction Programme - First Year B.Tech. Students

Programme Schedule Sheet A.Y. 2022-23 | 22 August 2022 to 26 August 2022

A. Day-wise Schedule

Day	Date	Trainer / Resource Person	Theme of the Day
Day-1	22-08-2022 (Monday)	Dr. Naris Reddy (Chief Guest & Trainer)	Introduction to Heartfulness and Heart-Centred Living
Day-2	23-08-2022 (Tuesday)	Mr. Gowtham Sharma	Plantation with Students; Deepening Meditation and Emotional Awareness
Day-3	24-08-2022 (Wednesday)	Mr. Narasimha Chari	Cleaning Practice and Environmental Responsibility
Day-4	25-08-2022 (Thursday)	Mrs. Archana	Yoga, Prayer, Values and Character Building
Day-5	26-08-2022 (Friday)	Mr. Raman	Integration and Holistic Development

The sessions were conducted on the campus by the Heartfulness Volunteers Team in association with the Department of Basic Sciences and Humanities.

B. Daily Session Pattern

Session	Activity
Session I	Welcome, recap of the previous day and introduction of the resource person
Session II	Guided meditation / relaxation practice
Session III	Interactive activity — ice-breaking, brainstorming, group discussion, JAM, role play or debate
Session IV	Value-based activity — storytelling, creative expression, plantation drive or self-assessment
Session V	Experience sharing, reflection writing and closing remarks



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DEPARTMENT OF BASIC SCIENCES AND HUMANITIES

REPORT ON THE STUDENT INDUCTION PROGRAMME

First Year B.Tech. Students — Academic Year 2022-23

22 August 2022 to 26 August 2022 | In association with the Heartfulness Institute

1. Programme at a Glance

Title of the Programme	Student Induction Programme — First Year B.Tech. (2022-23)
Dates	22-08-2022 to 26-08-2022 (five working days)
Organised by	Department of Basic Sciences and Humanities, VMTW
In Association with	Heartfulness Institute — Heartfulness Volunteers Team
Venue	VMTW Campus, Kondapur (V), Ghatkesar (M)
Resource Persons	Dr. Naris Reddy; Mr. Gowtham Sharma; Mr. Narasimha Chari; Mrs. Archana; Mr. Raman
Programme Co-ordinator	Mrs. V. Suzan Shalini, Associate Professor of English, Dept. of BSH
Target Audience	Newly admitted First Year B.Tech. students of all branches
Nature of the Programme	Meditation, value education, life skills and co-curricular activities
Feedback	Positive — participants reported calmness, clarity and improved concentration

2. Introduction

The transition from school to professional college is one of the most significant passages in a student's life. The freedom of college brings with it responsibility, and an institution's first duty towards its newly admitted students is to prepare them — mentally, emotionally and socially — for the years of study that lie ahead. Recognising this, the All India Council for Technical Education has made a Student Induction Programme mandatory for all newly admitted students of technical institutions.

In fulfilment of this mandate, the Department of Basic Sciences and Humanities of Vignan's Institute of Management and Technology for Women organised a five-day Student Induction Programme for the First Year B.Tech. students of the Academic Year 2022-23, from 22 August 2022 to 26 August 2022, in association with the Heartfulness Institute. The programme was built around meditation, reflection and value-based activity, and was conducted by experienced Heartfulness trainers with the support of a team of volunteers.

Rather than confining itself to lectures, the programme employed a wide range of participatory methods — ice-breaking exercises, brainstorming, group discussion, JAM (Just A Minute) sessions, role play, debate, storytelling, poster making, self-assessment worksheets, a plantation drive and an open-mic sharing session — so that every student was drawn into active participation from the first day.

3. Objectives of the Programme

- To cultivate heart-centred living, emotional balance and character development among the participants through meditation and value-based activities.
- To help the newly admitted students make a smooth transition from school to professional college life.
- To introduce the students to the philosophy and practice of meditation and to equip them with simple techniques for relaxation and inner stillness.
- To develop the ability to manage academic stress, to concentrate and to regulate emotion.
- To build life skills — communication, positive thinking, teamwork and decision-making — through structured participatory activities.
- To inculcate ethical values such as humility, gratitude, compassion and patience.
- To create environmental consciousness and a sense of social responsibility through a plantation drive and reflection on the link between inner and outer cleanliness.
- To motivate the students to sustain a daily practice of meditation beyond the duration of the programme.

4. Programme Schedule (Summary)

Day	Date	Trainer	Theme
Day-1	22-08-2022 (Monday)	Dr. Naris Reddy (Chief Guest & Trainer)	Introduction to Heartfulness and Heart-Centred Living
Day-2	23-08-2022 (Tuesday)	Mr. Gowtham Sharma	Plantation with Students; Deepening Meditation and Emotional Awareness
Day-3	24-08-2022 (Wednesday)	Mr. Narasimha Chari	Cleaning Practice and Environmental Responsibility
Day-4	25-08-2022 (Thursday)	Mrs. Archana	Yoga, Prayer, Values and Character Building
Day-5	26-08-2022 (Friday)	Mr. Raman	Integration and Holistic Development

5. Activities Conducted — Day-wise Report

Day-1 : 22 August 2022 (Monday) — Introduction to Heartfulness and Heart-Centred Living

Chief Guest and Trainer: Dr. Naris Reddy. Volunteers: Heartfulness Volunteers Team.

The programme commenced with a formal welcome and the introduction of Dr. Naris Reddy. He explained the philosophy of meditation as it is rooted in the Sahaj Marg tradition, and drew the attention of the students to the importance of inner transformation as the foundation of all outer achievement. The session established the tone of the week — that the education of an engineer must begin with the education of the self.

Activities conducted:

- Ice-breaking session — the participants introduced themselves and shared their expectations of the workshop.
- Brainstorming activity — a discussion on the question "What is true happiness?", with the responses linked to the idea of heart-centred living.
- Guided meditation — a first practice focusing on the light within the heart, with an emphasis on relaxation.
- Interactive question-and-answer session — the trainer addressed student queries on stress and concentration.
- Reflection writing — the participants wrote short reflections on their first experience of meditation.

Outcome: The participants experienced a sense of calmness and clarity and expressed enthusiasm for continuing the practice.

Day-2 : 23 August 2022 (Tuesday) — Plantation with Students; Deepening Meditation and Emotional Awareness

Trainer: Mr. Gowtham Sharma. Volunteers: Supporting Volunteers Team.

The session began with a recap of the first day and with practical guidance on maintaining a regular meditation practice. The day combined an outdoor plantation activity with the students with an indoor session on deepening meditation and building emotional awareness.

Activities conducted:

- Morning meditation practice — reinforcement of heart-focused meditation.
- Group discussion — managing academic stress through meditation.

- JAM (Just A Minute) session — the students spoke for one minute each on "The Power of Positive Thinking".
- Role-play activity — demonstrating the difference between decision-making by the mind and decision-making by the heart.
- Experience-sharing circle — the participants shared personal insights from their practice.
- Plantation activity with the students on the campus.

Outcome: Improved engagement, and a greater awareness of emotional regulation and of focus.

Day-3 : 24 August 2022 (Wednesday) — Cleaning Practice and Environmental Responsibility

Trainer: Mr. Narasimha Chari. Volunteers: Heartfulness Volunteers Team.

The trainer introduced the Heartfulness cleaning technique, by which accumulated emotional burdens and impressions are released, and connected the practice of inner cleanliness with the responsibility of the individual towards the environment.

Activities conducted:

- Demonstration of the cleaning technique — step-by-step guidance by the trainer.
- Evening rejuvenation practice — a practical session with the participants.
- Plantation drive — tree saplings were planted on the campus, promoting environmental consciousness.
- Brainstorming session — a discussion on the concept "Clean Mind, Clean Environment".
- Group reflection activity — the participants discussed the relationship between inner and outer cleanliness.

Outcome: The participants reported feeling mentally lighter and recognised the connection between inner peace and care for the environment.

Day-4 : 25 August 2022 (Thursday) — Yoga, Prayer, Values and Character Building

Trainer: Mrs. Archana. Volunteers: Supporting Volunteers Team.

Mrs. Archana emphasised humility, gratitude and ethical living, and introduced the participants to the Heartfulness prayer practice as a means of cultivating these qualities.

Activities conducted:

- Guided night-prayer practice — an explanation of its significance and a guided session.
- Value-based storytelling session — stories illustrating compassion and patience.
- Group debate — "Technology versus Inner Peace".

- Creative expression activity — poster making on the theme of heart-centred living.
- Self-assessment worksheet — identifying personal strengths and areas for growth.

Outcome: The participants reflected deeply on their personal values and on the importance of a balanced life.

Day-5 : 26 August 2022 (Friday) — Integration and Holistic Development

Trainer: Mr. Raman. Volunteers: Heartfulness Volunteers Team.

The final day was devoted to integrating meditation into the daily routine and to sustaining the practice beyond the duration of the workshop.

Activities conducted:

- Combined meditation and cleaning session — reinforcing the daily routine.
- JAM session — "How Meditation Changed My Perspective".
- Team-building activity — collaborative problem-solving tasks.
- Feedback collection and open-mic sharing — the participants shared their experiences of transformation.
- Valedictory and certificate distribution ceremony — closing remarks and encouragement to continue the practice.

Outcome: Enhanced emotional stability; improved concentration; increased environmental and social responsibility; and motivation to practise meditation regularly.

6. Programme Highlights

- A five-day residential-style induction conducted in association with the Heartfulness Institute, with a different trainer and theme for each day.
- Daily guided meditation, relaxation and cleaning practices taught by certified Heartfulness trainers.
- A plantation drive on the campus, linking inner cleanliness with environmental responsibility.
- A wide range of participatory activities — ice-breaking, brainstorming, JAM, role play, debate, storytelling, poster making and team-building tasks.
- Reflection writing and self-assessment worksheets, giving each student a written record of her own progress.
- An open-mic experience-sharing session in which the students spoke of the change they had observed in themselves.

- A valedictory ceremony with the distribution of certificates to the participants.

7. Student Participation

Category	Participation
First Year B.Tech. students (all branches)	As per the attendance register maintained by the Department
Resource persons / trainers	05
Volunteers	Heartfulness Volunteers Team and Supporting Volunteers Team
Faculty members	Faculty of the Dept. of BSH and of all Departments
Number of days	05 (22-08-2022 to 26-08-2022)
Activities conducted	25 structured activities (five on each day)

The students participated actively in every session; the ice-breaking, JAM, role-play, debate and open-mic activities ensured that each participant spoke before the group at least once during the week.

8. Outcomes of the Programme

- The participants acquired a working knowledge of relaxation, meditation and cleaning practices, and the ability to perform them independently.
- The students reported enhanced emotional stability, calmness and clarity of mind.
- Concentration and the capacity to manage academic stress improved measurably in the self-assessment exercises.
- The students developed communication and presentation confidence through the JAM, debate and open-mic activities.
- Environmental and social responsibility was strengthened through the plantation drive and the discussion on inner and outer cleanliness.
- The participants reflected on their personal values and identified their own strengths and areas for growth.
- The students were motivated to practise meditation regularly and to integrate it into their daily routine.
- Bonds of friendship were formed across branches through the ice-breaking, group and team-building activities.

9. Conclusion

The Student Induction Programme of the Academic Year 2022-23, conducted from 22 to 26 August 2022 in association with the Heartfulness Institute, achieved its stated objectives in full measure. Over five days the newly admitted students were introduced to the practice of meditation, guided through structured activities that developed emotional balance, concentration and communication, and led to reflect on their values, their responsibilities and the kind of engineers — and the kind of persons — they wish to become.

The Department of Basic Sciences and Humanities gratefully acknowledges the support of the Management, the Principal, the Heads of all Departments and the faculty members, and the dedicated service of the trainers and volunteers of the Heartfulness Institute, without whose contribution the successful conduct of the programme would not have been possible.

10. Photographs of the Programme

The photographs reproduced below record the conduct of the Induction Programme and form part of the documentary evidence for institutional records.



Day-1 (22-08-2022): Registration of the participants



Day-1: Ice-breaking activity in progress



Day-1: Ice-breaking and group interaction



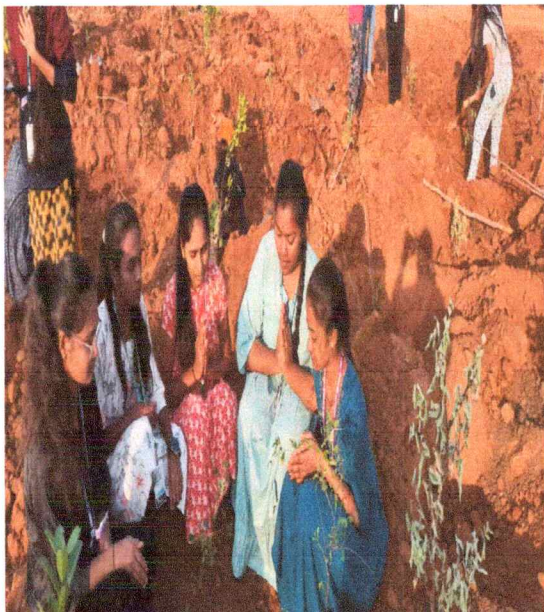
Day-2 (23-08-2022): Plantation drive with the students



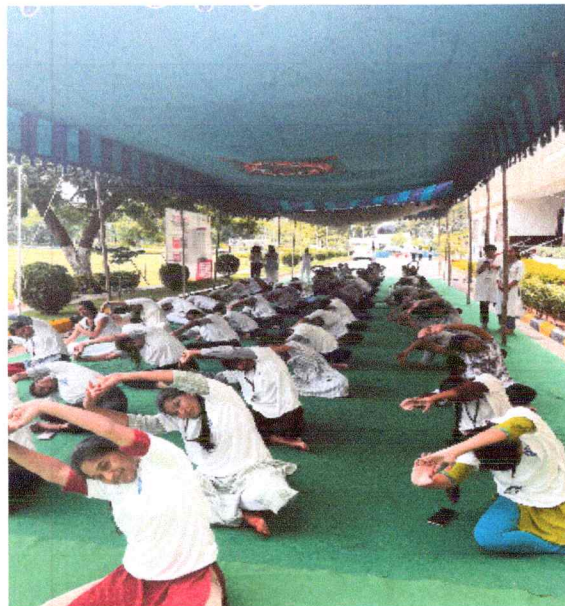
Day-2: Sapling being planted on the campus



Day-2: Session on deepening meditation and emotional awareness



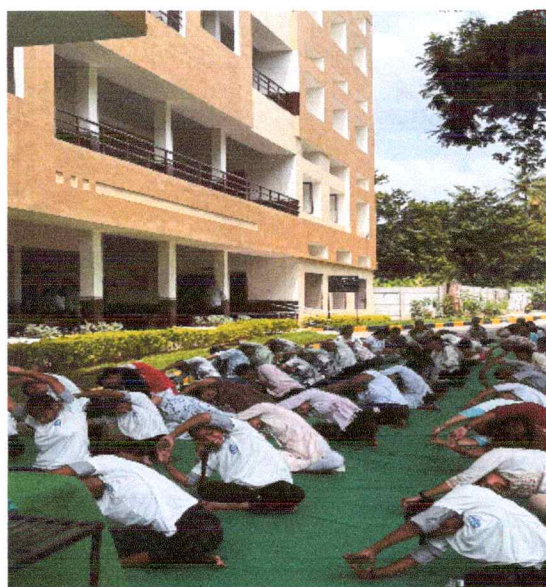
Day-2: Participants during the meditation session



Day-4 (25-08-2022): Session on yoga, prayer and values



Day-4: Value-based activity in progress



Day-4: Participants during the character-building session

Day-5 (26-08-2022): Valedictory and certificate distribution ceremony

11. Annexures

Annexure	Description
Annexure-I	Official Circular and Programme Schedule / Time Table
Annexure-II	Attendance registers of the participating students
Annexure-III	Profiles of the resource persons and the list of Heartfulness volunteers
Annexure-IV	Photographs of the programme (reproduced in Section 10)
Annexure-V	Reflection sheets, self-assessment worksheets and feedback forms
Annexure-VI	Certificates issued to the participants at the valedictory ceremony

Report prepared by: Mrs. V. Suzan Shalini, Associate Professor of English & Programme Co-ordinator, Department of Basic Sciences and Humanities.


Programme Co-ordinator
 Dept. of BSH


Head of the Department
 Dept. of BSH


PRINCIPAL
 VMTW