



SCHOOL OF HEALTH AND ALLIED SCIENCE

DEPARTMENT OF OPTOMETRY

CIRCULAR

Ref No: AJU/SOHAS/141/24

Date 25-07-2024

It is hereby notified to the students of B.Optomety new admission batch of 2024 that the Induction & Orientation program will be commencing from 05th August to 10th August, 2024 in ARKA JAIN University's campus, at Susruta Block Auditorium [Block B] from 10:00 am onwards.

The complete brochure and program schedule will be shared soon.

Transportation Details:-

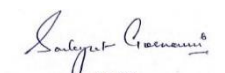
Bus timing for 5th August 2024

City office-Bus boarding time-**9.00am, Dhatkidih City office**

From **6th August, 2024** onward, students who had availed the transport facility can refer to the bus route timing schedule shared with them

Students are advice to

- i) Wear uniform/smart formals,
- ii) Attend all the sessions & attendance for the same is mandatory
- iii) Carry a pen and note book
- iv) Carry a water bottle



HOD
Department of Optometry
School of Health & Allied Science

Sarbojeet Goswami

HOD & Assistant Professor

Department of Optometry

School of Health & Allied Science

Copy to

Office of the Registrar

IQAC

Class Coordinators I n charge

Website

Office Record

Student Whatsapp group

Report on – Aarambh'24- The Orientation and Induction Program

Held from 05.08.2024 to 10.08.2024

Date of Event	05.08.2024 to 10.08.2024
Name of the Event	Aarambh'24- The Orientation and Induction Program
Type of the Event	The Orientation and Induction Program
Conducted by	Department of Optometry, ARKA JAIN University
No. of Participants	21

OBJECTIVE:

The Aarambh Student Orientation and Induction Program was successfully conducted at the Department of Optometry, School of Health and Allied Science, Arka Jain University from the 5th to the 10th of August, 2024. The objective of the Aarambh Student Orientation and Induction Program is to ensure a seamless transition for new students into university life by providing comprehensive information and support. The program aims to acclimatize students to the university's culture and expectations, foster a sense of community among peers and faculty, and enhance students' understanding of academic programs and university policies. By promoting personal and professional development through various sessions and activities, the program encourages students to engage actively in campus life and build the skills necessary for success both academically and in their future careers.

ABOUT THE EVENT:

The Student Orientation and Induction Program commenced on 5th August 2024. It lasted for a week and the final day was on 10th of August, 2024. It included the first semester students of the Department of Optometry, School of Health and Allied Science, ARKA JAIN University. The Aarambh Student Orientation and Induction Program commenced with a grand welcome function, setting a positive and enthusiastic tone for the week-long event. The program was inaugurated by the esteemed Guest of Honor, Mr. A.F. Madon, Administrator, JUSCO, whose presence added significant value to the occasion. Mr. Madon, a respected figure, addressed the students and shared insightful words of wisdom, emphasizing the importance of dedication, hard work, and a positive attitude in their academic journey. Dr. S.S. Razi, Chairperson, Board of Management, delivered a warm welcome to the new students, sharing insights into the university's vision, mission, and the high standards of academic and personal excellence expected at ARKA JAIN University.

His speech emphasized the importance of embracing the opportunities provided by the university and striving for excellence in both academic and extracurricular pursuits. Dr. Angad Tiwari, Dean of Student Welfare, addressed the student support systems and resources available to help students navigate their university journey. He highlighted the role of the Dean of Student Welfare in ensuring students' well-being and success, and encouraged students to actively engage with the various support services offered.

Day 1: The first day of the Aarambh program commenced with a warm welcome function, setting a positive tone for the days ahead. The event began with an invocation, followed by a traditional lamp-lighting ceremony, symbolizing the dispelling of ignorance and the enlightenment of knowledge.

Following the welcome, a comprehensive presentation was delivered about the JAIN Group, highlighting its legacy, vision, and mission. This was followed by an introduction to Arka Jain University, focusing on its academic ethos, facilities, and the various student support systems available.

The new students were then introduced to the School of Health and Allied Science, with a detailed presentation outlining its departments, faculty, academic programs, and research opportunities. Special emphasis was given to the Department of Optometry, discussing the course structure, career prospects, and the department's commitment to producing skilled healthcare professionals.

An important session was dedicated to addressing **grievance handling specifically for female students**. The session was led by Dr. Charu Wadhwa, Assistant Director of the Centre for Capacity Building & Human Resource Development and Associate Professor at ARKA JAIN University. This session provided information on the procedures and resources available for addressing any issues related to safety, discrimination, or harassment. It aimed to ensure that female students are aware of their rights and the support systems in place to handle any grievances they might encounter during their time at the university.

Followed by the session **a short video on Swami Vivekananda** was shown to all the students. The video aimed to inspire students by showcasing Vivekananda's teachings and philosophy, particularly his emphasis on self-confidence, education, and service to humanity. The presentation left students motivated to apply these principles in their academic and personal lives

The session concluded with the National Anthem, instilling a sense of pride and unity among the students. This marked the end of the first day, leaving students feeling

welcomed and prepared for the journey ahead. Students were issued their university ID cards. This was followed by the completion of necessary documentation, ensuring all new students were formally enrolled and had access to university resources.

Day 2: The second day of the Aarambh- the Student Orientation and Induction Program focused on Professional development, the session on **Professional ethics and Human Values**, was conducted by Dr. Manoj Kumar Pathak, an Associate Professor, Department of English, School of Humanities, ARKA JAIN University. The aim of the session is to enhance participants' understanding of the crucial role that ethical principles and human values play in the professional sphere. The session emphasized the integration of human values, such as empathy and respect, into daily professional practices to create a more compassionate and human workplace. The event provided participants with valuable insights into the application of ethical principles and the role of human values such as empathy, trust, and integrity in professional settings.

Another session on **Code of Conduct**, the session led by Mr. Sarbojeet Goswami, HOD & Assistant Professor, Department of Optometry, School of Health and Allied Science, ARKA JAIN University, emphasized the importance of adhering to the university's guidelines. The session provided new students with essential insights into the university's core values of integrity, respect, and inclusivity. It emphasized the importance of academic honesty, responsible behaviour, and adherence to university guidelines. The significance of regular attendance, and the proper use of university resources. The orientation on the Code of Conduct not only provided the fresher's with the necessary information to navigate their academic life but also instilled a sense of responsibility and community. The session ended with a pledge by the students to uphold the values and standards set by ARKA JAIN University.

Thereafter Ice breaker session was organized to encourage students to speak, which was including their introduction and their views regarding particular topic given on the spot. All the students participated and enjoyed the session. This session was conducted to boost their confidence as well as they introduced themselves to all.

The second day of the Aarambh program also focused on promoting physical and mental well-being among the students. At 6:00 PM, a **virtual yoga session** was conducted, allowing students to participate from the comfort of their own spaces. The session was conducted by Ms Shubra Chakraborty, a certified yoga trainer known for her expertise in holistic health practices. The instructor introduced the participants to the fundamental

principles of yoga, explaining how the practice aligns the body, mind, and spirit. She provided insights into how yoga can be a powerful tool for stress management, physical fitness, and mental clarity. The session included live demonstrations of various yoga asanas (postures) that can be easily practiced at home. The instructor guided the students through various asanas and breathing exercises aimed at reducing stress and enhancing concentration. This session not only provided a rejuvenating experience but also emphasized the importance of maintaining a balanced lifestyle during their academic journey.

Day 3: On August 07, 2024, on the third day of the Aarambh- the Student Orientation and Induction Program conducted a **tree plantation** activity in Musarikudar Village, Gamharia at 8:00 am. To encourage them to contribute to environmental sustainability and engage with the local community. The tree plantation activity was organized as part of an extension initiative to engage first-year students in environmental conservation and community service. The event aimed to promote awareness about the importance of trees in combating climate change and improving the local environment while fostering a sense of social responsibility among students. Faculty members and students gathered at Musarikudar Village, where they planted saplings in designated areas. The plantation drive lasted for an hour, during which students enthusiastically participated, planting various tree species. The initiative was supported by local community members who also joined in the activity, creating a collaborative effort toward environmental conservation.

An Introductory Session on Grievance handling procedure, Student support system and student-oriented mechanism. The session was led by Dr. Charu Wadhwa, Assistant Director of the Centre for Capacity Building & Human Resource Development and Associate Professor at ARKA JAIN University. The session aimed to inform students about the resources and support structures available to them, ensuring they have a clear understanding of how to address any issues or challenges they may encounter during their academic journey. This session comprises introduction of students to the university's grievance handling procedure, to provide an overview of the student support systems available at ARKA JAIN University and to educate students on the various mechanisms in place that are designed to enhance their academic and personal experience.

IPR Cell at ARKA JAIN University, organized a session on **"Innovations, Indian Knowledge System, and Awareness about Intellectual Property Rights."** The session began at 11:30 AM, featuring Dr. Soniya Riyat, Head of the Department of Research, ARKA

JAIN University as the keynote speaker. The focus of the event was to familiarize students with the importance of protecting their creative ideas and to introduce them to the rich Indian Knowledge System as a source of innovation and also to raise awareness among students about the protection of intellectual property and the role of indigenous knowledge in modern innovation. The session also highlighted the need for legal protection of creative ideas through Intellectual Property Rights (IPR), empowering students to safeguard their innovations. By integrating traditional knowledge with modern science, students were encouraged to explore innovative solutions while ensuring their intellectual contributions are legally recognized and protected. The event successfully raised awareness among students, empowering them to protect their ideas and explore the possibilities of integrating traditional knowledge with modern science.

In addition to the ethics session, students were provided with an in-depth **introduction to their syllabi and the overall scheme of study** for their courses. The session was led by the Mr. Sarbojeet Goswami, HOD, Department of Optometry, School of Health and Allied Science, ARKA JAIN University. This session covered the structure of their academic program, including the distribution of subjects across semesters, the credit system, and the expectations for each course.

Semester Promotion Rules: Guidelines on the requirements for moving to the next semester, including the minimum credits and grades needed.

Internal Assessment: Explanation of how internal assessments contribute to the final grades, including the types of assessments (such as assignments, quizzes, and presentations) and their respective weightage.

This session was critical in helping students understand the academic framework they will be navigating throughout their time at the university.

The day also included **an Introduction to the Department of Examination**, the session took by Dr. Praveen Thakur, Head of the Department, ARKA JAIN University, provided students with essential information about the examination processes at the university, including:

Examination Schedule: How and when exams are conducted, including mid-term and end-term examinations.

Grading System: An overview of the grading criteria and how their academic performance will be evaluated.

Exam Policies: Important policies related to exam conduct, including rules regarding absences, retakes, and academic dishonesty.

This comprehensive overview ensured that students are well-informed about the academic and administrative processes that will be integral to their university experience.

Day 4: On August 08, 2024, on the third day of the Aarambh- the Student Orientation and Induction Program, Students were introduced to **the Training & Placement Department**. The session led by Ms. Zeba Bhuktiyar, placement coordinator, ARKA JAIN University, provided an overview of the department's role in preparing students for the job market, including placement drives, internships, career counseling, and skill development workshops. The department's commitment to securing excellent career opportunities for students was emphasized. The cake cutting celebration for achieving 100% placement was held marking a significant milestone for the department.

A pivotal **session on the significance of entrepreneurship** was conducted in association with the Institution's Innovation Council (IIC). This session led by Ms. Juliee Sahu, Entrepreneur, the session aimed to inspire students to embrace an entrepreneurial mind set by highlighting the importance of innovation, risk-taking, and creative problem-solving in today's rapidly evolving economy. The session provided valuable insights into how entrepreneurship can drive economic growth, create job opportunities, and address societal challenges. Additionally, the IIC introduced students to the various resources and support systems available at ARKA JAIN University, such as mentorship and incubation programs, to help them pursue entrepreneurial endeavours. Through interactive discussions, students were encouraged to explore the possibilities of entrepreneurship in their fields, making this session a vital component of their orientation experience.

A small session was conducted to explain the **Academic and Examination Calendar** along with the timetable. Students were guided through the schedule for the academic year, including important dates for exams, holidays, and other academic activities. This session ensured that students were well-prepared and could manage their time effectively throughout the semester.

Students were introduced to the university's **Enterprise Resource Planning (ERP) system**. The session led by Ms. Prajna, ERP Coordinator, ARKA JAIN University. This session provided hands-on guidance on how to navigate these platforms, which are essential for accessing course materials, submitting assignments, and monitoring academic progress. The session aimed to equip students with the skills needed to effectively use these digital tools for their academic success.

The day also included a **session on IT Rules and Regulations**, by Mr. Umesh, Head of

IT Department, ARKA JAIN University, where students were informed about the university's policies regarding the use of IT resources. Topics covered included acceptable use of the internet, email, and campus networks, along with guidelines on maintaining cyber security and respecting digital privacy. This session was crucial in promoting responsible and ethical use of technology on campus.

An engaging session was held on **Toastmasters International** at AJU, by Mrs. Rajkumari Ghosh, HOD & Assistant Professor, Department of English, School of Humanities, ARKA JAIN University. She focuses on enhancing students' communication and leadership skills. Students were encouraged to join the club, where they could practice public speaking, gain confidence, and develop leadership abilities through various structured activities and events.

Students were then introduced to the **sports-related activities** organized under the aegis of the Sports Council of AJU. The session led by Dr. Rupa Sarkar, highlighted the importance of physical fitness and encouraged students to participate in various sports and recreational activities offered by the university. The Sports Council also discussed upcoming events and competitions, fostering a spirit of camaraderie and healthy competition.

Separate Session on **Introduction to School/Department Level Clubs**: The day concluded with a separate session introducing students to the various clubs at the school and department levels. These clubs provide opportunities for students to pursue their interests, engage in extracurricular activities, and develop new skills. Each club's objectives, activities, and membership process were explained, encouraging students to get involved in campus life beyond the classroom.

Day 5: The fifth day of the Aarambh program began with a critical session on **gender sensitization and gender equity**. The speaker for the session is Ms. Smita Verma, Lead Gender and Community Enterprise, Tata Steel Foundation. This session, building on previous discussions, focused on deepening students' understanding of gender issues and promoting a culture of inclusivity and respect on campus. Topics covered included:

Gender Sensitization: Addressing stereotypes, biases, and misconceptions related to gender, with a focus on creating a supportive environment for all students.

Gender Equity: Ensuring equal opportunities for all genders in academic, professional, and social spheres within the university.

The session aimed to empower students to actively contribute to a campus culture that

upholds gender equality and fosters mutual respect among all members of the university community.

Following the gender sensitization session, a **Mentor-Mentee session** was conducted. This session introduced students to the mentorship program at ARKA JAIN University, which pairs new students with experienced faculty members and senior students who act as mentors. The key aspects of the session included:

Role of Mentors: Mentors were introduced as guides who would support mentees in both academic and personal development, helping them navigate challenges and make the most of their university experience.

Benefits of Mentorship: The session highlighted how the mentor-mentee relationship can aid in academic success, personal growth, and career planning, providing students with a support system as they transition into university life.

Mentor Assignments: Students were assigned mentors during the session, allowing them to establish initial contact and begin building a constructive relationship.

The Mentor-Mentee session was integral in fostering a sense of community and support among the students, ensuring they have the guidance needed to succeed in their academic journey.

On the fifth day an introduction to **NCC, NSS & Rotaract Club** at ARKA JAIN University. Session led by Mr. Ranjeet, NSS Coordinator, Students were briefed on the objectives and activities of these organizations, which focus on developing leadership, discipline, community service, and social responsibility. The session highlighted the benefits of participating in these organizations, including opportunities for personal growth and contributing to society.

The fifth day of the event series was marked by an engaging and lively atmosphere as students showcased their talents in a highly anticipated **Talent Hunt**, followed by an exciting **game** with fresher's participating in a "Passing the Ball" activity on the ground. The Talent Hunt event was a platform for students to display their diverse talents across various categories, including music, dance, drama, poetry, and more. The participants exhibited immense enthusiasm and creativity, making it a memorable experience for everyone present. The performances were judged based on originality and presentation. The judges had a challenging time selecting the winners due to the high level of talent on display. However, after much deliberation, the following students were awarded:

- First Place: Ms. Nishika – BA ENG.
- Second Place: Mr. Sandeep Kumar- B.OPTOM

- Third Place: Mr. Aditya- JMC

Following the Talent Hunt, freshers were invited to participate in a fun and interactive game of "Passing the Ball." The game was held on the ground, where students formed a large circle and passed the ball around. The excitement grew as the game progressed, with participants eagerly trying to avoid being the last one holding the ball when the music stopped.

The game was not only entertaining but also served as a great icebreaker, helping the fresher's bond with their peers and seniors. It encouraged teamwork, quick thinking, and created a sense of camaraderie among the participants. Overall, it was a day filled with joy, creativity, and a strong sense of community.

Day 6: The final day of the Aarambh program featured **an extension tour to Dimna**, a scenic location known for its beautiful lake and surrounding natural landscapes. This excursion was organized to provide students with an opportunity to relax, bond with their peers, and appreciate the natural beauty of the region.

Tour Details: Students and faculty members embarked on the tour early in the morning, traveling together to Dimna Lake. Upon arrival, they were greeted by the tranquil environment and picturesque views, perfect for a day of relaxation and recreation.

Activities: The day included a variety of activities such as nature walks, team-building exercises, and group discussions. These activities were designed to foster camaraderie among the students while allowing them to unwind after a week of intensive orientation sessions.

Reflection and Closing Remarks: As the day concluded, students gathered for a reflection session where they shared their experiences from the week-long orientation program. Faculty members provided closing remarks, encouraging students to carry forward the lessons learned during Aarambh as they begin their academic journey at ARKA JAIN University.

The extension tour to Dimna was a fitting conclusion to the Aarambh Student Orientation and Induction Program. It provided a perfect balance of relaxation and engagement, helping students to form lasting connections with their peers and faculty while embracing the start of their new academic chapter with a refreshed and positive mindset.

Outbound Program at Hotel Kannelite: The Aarambh- the Student Orientation and Induction Program, also featured **an outbound program** held at Hotel Kannelite. This event was designed with the association of CCHRD to foster team-building, leadership

skills, and personal development among the new students in a relaxed and engaging environment.

Venue and Atmosphere: Hotel Kannelite provided an ideal setting for the outbound program, with its modern amenities and serene surroundings offering a perfect backdrop for both indoor and outdoor activities.

Team-Building Activities: The program included a series of structured team-building exercises and challenges. These activities were aimed at enhancing students' communication, problem-solving, and collaborative skills. Students participated in group tasks that required them to work together, strategize, and support one another, strengthening their sense of teamwork and unity.

Leadership and Personal Development: In addition to team-building exercises, the program also featured sessions focused on leadership and personal growth. Facilitators led discussions and workshops that encouraged students to reflect on their strengths, set personal goals, and develop key leadership qualities that would serve them throughout their academic and professional lives.

Networking and Socializing: The relaxed setting of Hotel Kannelite provided ample opportunities for students to network and socialize with their peers, faculty members, and mentors in an informal setting. This interaction helped to further strengthen the bonds formed during the orientation week.

The outbound program at Hotel Kannelite was a highlight of the Aarambh orientation week, providing students with a memorable experience that combined fun, learning, and personal growth. It was a successful culmination of the week's activities, leaving students energized and ready to embark on their academic journey at ARKA JAIN University with confidence and enthusiasm.

PARTICIPANTS:

The participants of the Aarambh- the Student Orientation and Induction Program, held from 5th August 2024 to 10th August 2024, included all the newly admitted students of the 1st year from the Department of Optometry, School of Health and Allied Science, ARKA JAIN University. The program was supported by the guests of honour, university leadership, including dignitaries, Head of the Departments, faculty members and students from the department were also present to support the event. Feedback collected through each post event survey indicated a high level of satisfaction, and participants expressed their appreciation for the university's proactive efforts in addressing students and a smooth

transition into university life.

TAKEAWAY (OUTCOME):

The Aarambh Student Orientation and Induction Program at ARKA JAIN University was designed to provide a holistic introduction to university life, ensuring that new students are well-prepared both academically and personally as they begin their educational journey. One of the main takeaways from the program was the emphasis on acclimatizing students to the university's culture and expectations. Students were introduced to the university's mission, values, and the high standards of academic and personal integrity expected of them. The program highlighted the importance of understanding university policies, academic structures, and the resources available to help them succeed. Another significant takeaway was the focus on creating a sense of community and belonging. The program included various sessions aimed at fostering connections among students, faculty, and staff. This sense of community was further reinforced through team-building activities, both on campus and during the outbound program at Hotel Kannelite, which encouraged collaboration, communication, and mutual support among peers. The program also placed a strong emphasis on personal development and well-being. Sessions on professional ethics, human values, and gender sensitization were integral in shaping students' understanding of the ethical responsibilities they carry as future professionals. Additionally, the inclusion of grievance handling, particularly for female students, underscored the university's commitment to providing a safe and supportive environment for all students. The Aarambh program also offered practical insights into university life, covering topics such as academic regulations, examination procedures, and the use of technology and resources like the ERP. This practical knowledge was essential in helping students navigate the logistical aspects of their education, ensuring they are equipped to handle the demands of their courses effectively. Finally, the program's closing activities, including the extension tour to Dimna and the outbound program at Hotel Kannelite, provided a balance of relaxation and engagement, allowing students to reflect on the week's experiences and build lasting memories and friendships.

In summary, the Aarambh Student Orientation and Induction Program was more than just an introduction to university life, it was a comprehensive initiative that empowered students with the knowledge, skills, and support networks they need to thrive academically and personally at ARKA JAIN University.

CONCLUSION:

The Aarambh Student Orientation and Induction Program at Department of Optometry, School of Health and Allied Science, ARKA JAIN University successfully fulfilled its objective of providing a well-rounded introduction to university life for new students. Through a series of carefully planned sessions, insightful speeches, and engaging activities, students were not only introduced to the academic and administrative aspects of the university but were also instilled with a sense of community, responsibility, and personal growth. The program ensured that students felt welcomed, supported, and prepared to embark on their academic journey with confidence. By the end of the week, participants had gained valuable knowledge, formed important connections, and developed a strong foundation to navigate the challenges and opportunities that lie ahead in their university experience.

Poster of the event

JGi ARKA JAIN University Jharkhand **NAAC GRADE A** ACCREDITED UNIVERSITY

Aarambh '24

STUDENT INDUCTION PROGRAM

Date: 05 AUGUST - 10 AUGUST, 2024
Venue: SEMINAR HALL, SUSHRUTA BLOCK

FOR THE BATCH
2024
OF

SCHOOL OF HUMANITIES - DEPARTMENT OF ENGLISH,
DEPARTMENT OF FASHION DESIGN,
DEPARTMENT OF JOURNALISM AND MASS COMMUNICATION,
SCHOOL OF HEALTH AND ALLIED SCIENCE - BSC.
BIOTECHNOLOGY AND B.OPTOMETRY.

CHIEF GUEST

			
MR. A F MADON ADMINISTRATOR - JUSCO EDUCATION MISSION FOUNDATION	MS. SHUBRA CHAKRABORTY CERTIFIED YOGA TRAINER	MS. JULIE SAHU ENTREPRENEUR	MS. SMITA VERMA LEAD GENDER & COMMUNITY ENTERPRISE AT TATA STEEL FOUNDATION

Fig 1: Poster of the event- AARAMBH- THE STUDENT INDUCTION PROGRAM

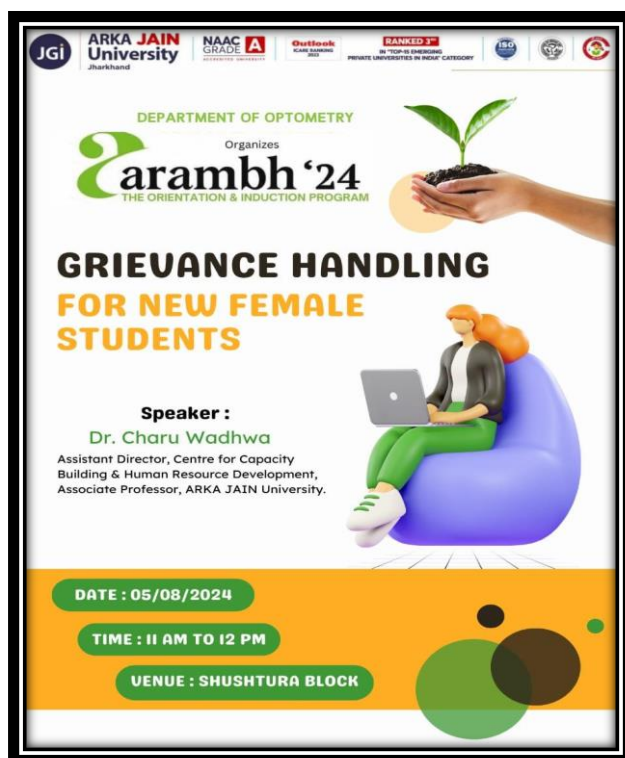


Fig 2: Poster of the event- Grievance handling for new female students

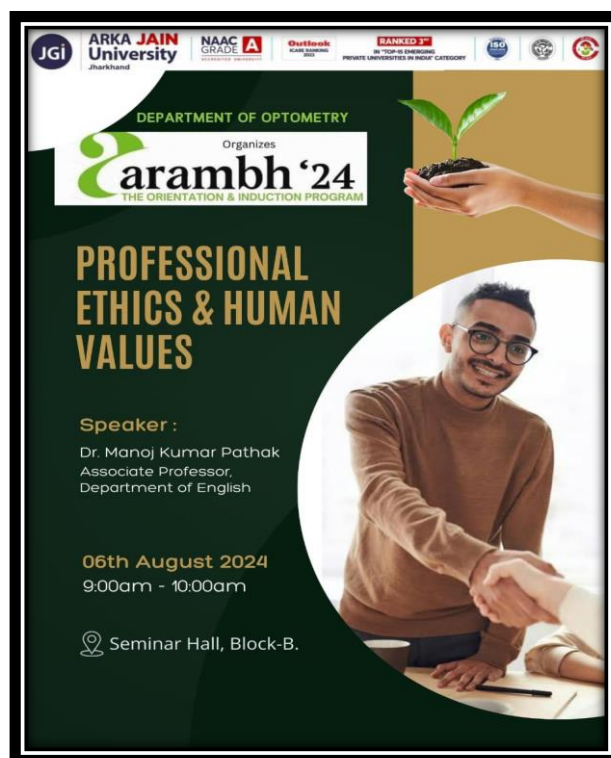


Fig 3: Poster of the event- Professional ethics and Human Values



Fig 4: Poster of the event- Code of conduct



Fig 5: Poster of the event- Yoga, Health & Wellness

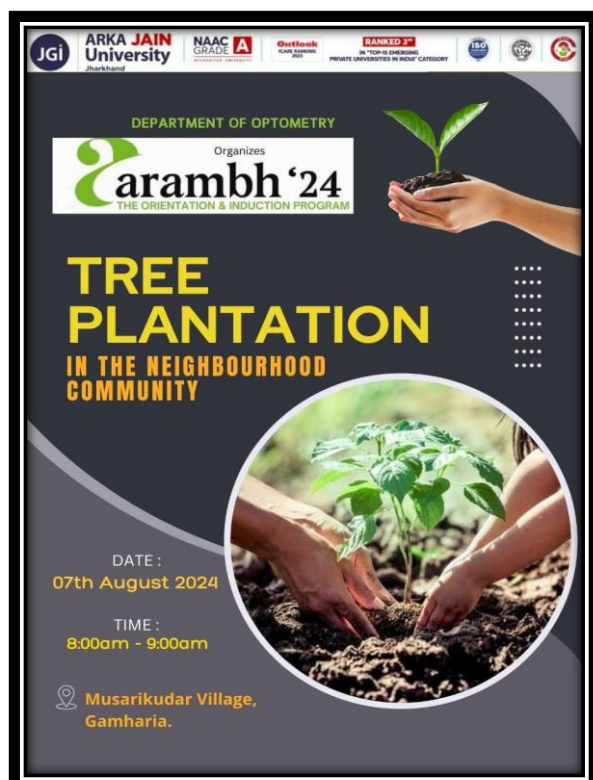


Fig 6: Poster of the event- Tree plantation

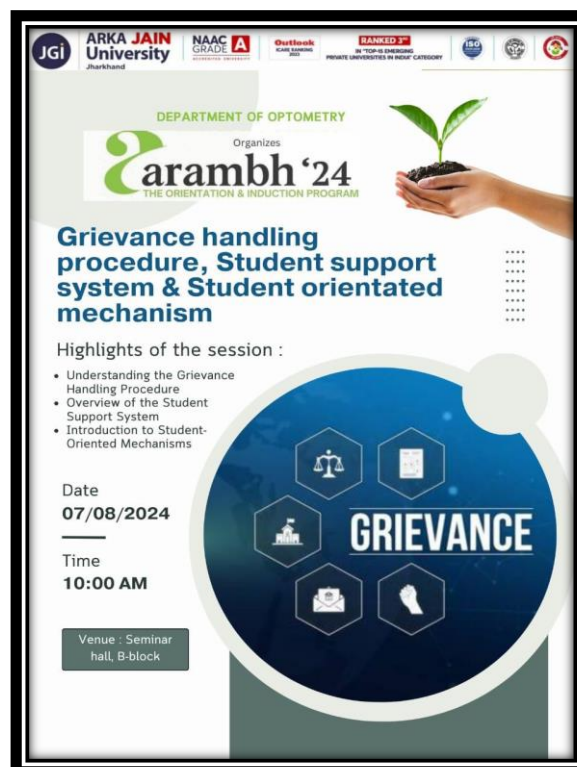


Fig 7: Poster of the event- Grievance handling, student support & student orientated mechanisms

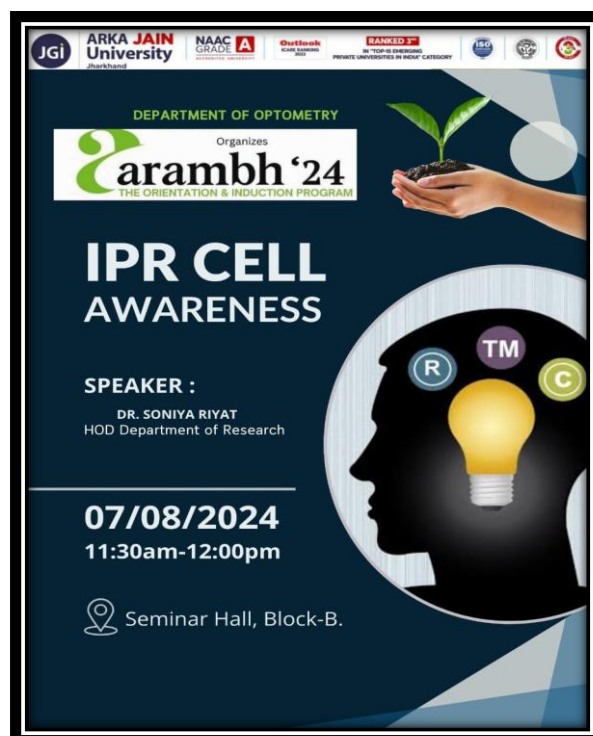


Fig 8: Poster of the event- IPR Cell awareness

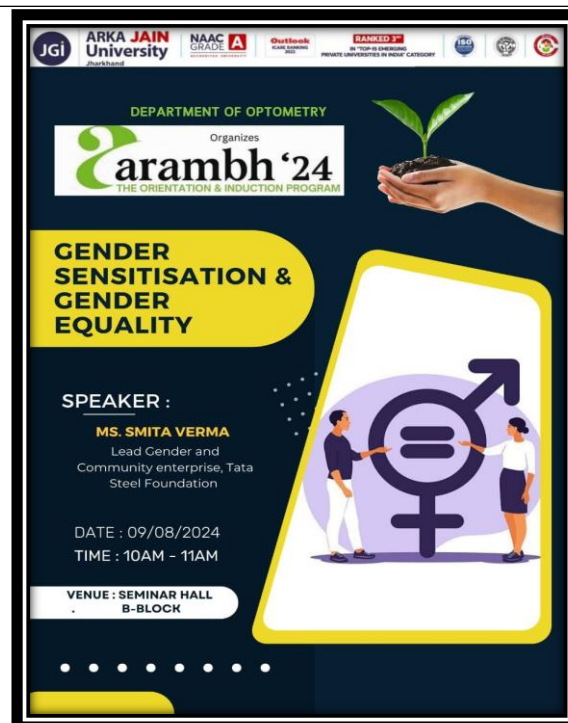


Fig 9: Poster of the event- Gender sensitization and gender equality



Fig 10: Poster of the event- Mentor mentee session

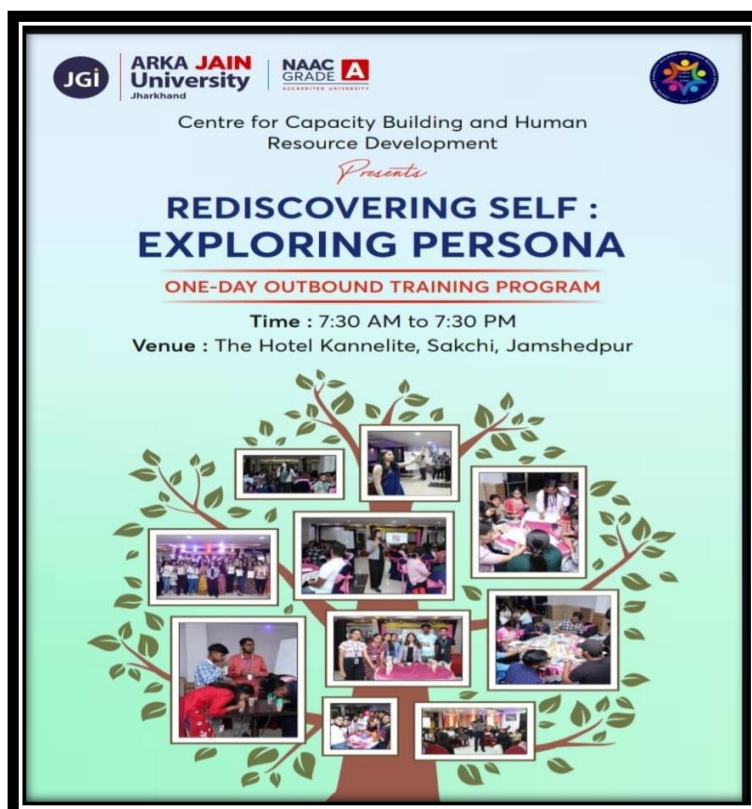


Fig 11: Poster of the event- Outbound Training Program

Glimpse of the Event



Fig 12: Seniors set the stage and welcomed the freshers.

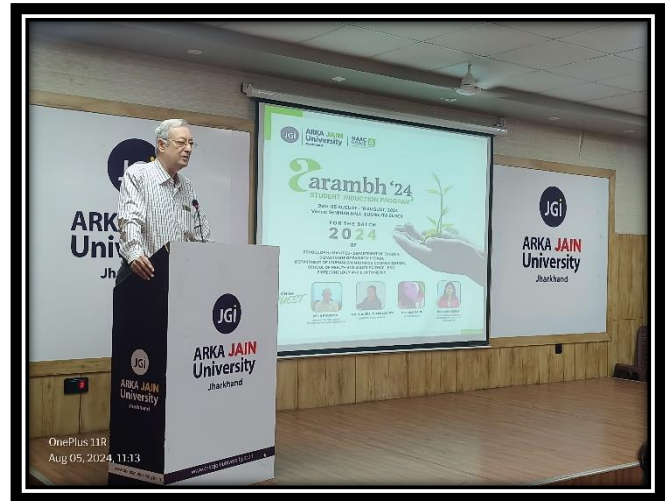


Fig 13: Honorable speaker, Mr. A.F. Madon addressing participants



Fig 14: Dr. S.S. Razi, Chairman sir addressing new students.



Fig 15: Dr. Angad Tiwari, Dean of School Welfare addressing students.



Fig 16: Virtual message from Dr. Easwaran Iyer, Vice Chancellor



Fig 17: Dignitaries witnessing the program.



Fig 18: Felicitation of Mr. A.F. Madon by dignitaries



Fig 19: Dignitaries assemble for lamp lightening



Fig 20: Felicitation of Mr. A.F. Madon by dignitaries



Fig 21: Glimpse of University Video



Fig 22: An eminent speaker, Dr. Charu Wadhwa, addressing female student about grievance handling

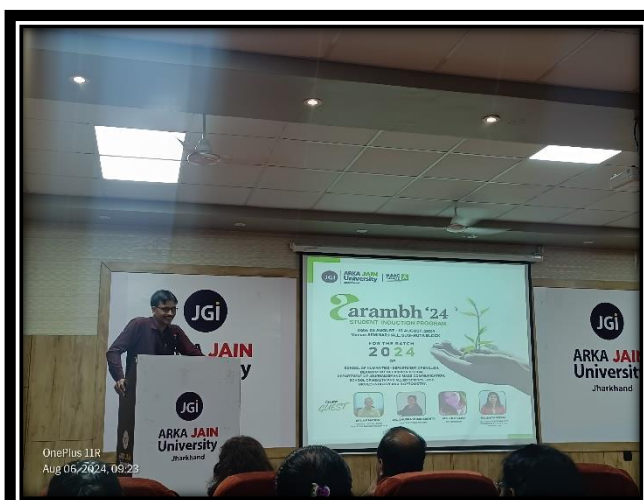


Fig 23: Dr. Manoj Kumar Pathak, addressing students about professional ethics and human values.



Fig 24: Mr. Sarbojeet Goswami, Addressing students about Code of Conduct

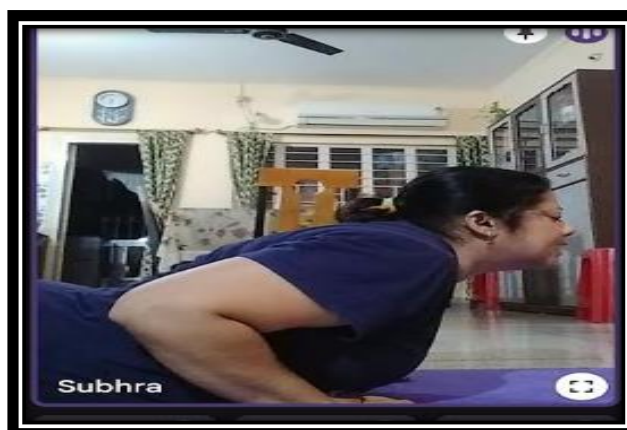


Fig 25: Ms. Shubra, Virtual Yoga trainer

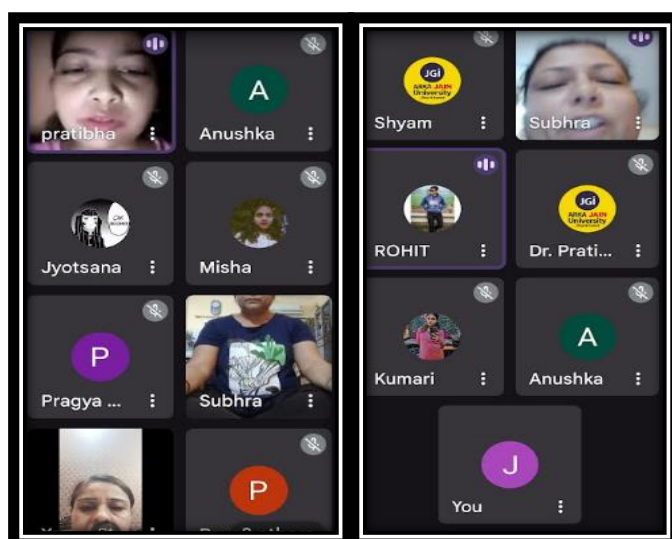


Fig 26: Participants in Yoga session.



Fig 27: Dr. Jyoti, addressing on student support



Fig 28: Tree plantation drive in neighbourhood community



Fig 29: Speaker addressing students about the scheme and syllabus of optometry



Fig 30: Dr. Sonia giving introduction about IPR Cell



Fig 31: Introduction to Toastmaster's International AJU



Fig 32: Ms. Sahin Fatma, giving insights about Toastmasters International AJU



Fig 33: Ms. Zeba, giving insights about the Training and Placement Cell



Fig 34: Celebration of 100% placement of Batch 2024 with freshers.



Fig 35: Felicitation of Ms. Juliee, entrepreneur by our faculty members



Fig 36: Dr. Praveen K Thakur, explaining the rules and regulation of examination at AJU



Fig 37: Dr. Rupa Sarkar, Head of Sports Council, taking session on sports related activities



Fig 38: Mr. Ranjeet, NSS coordinator addressing the participants about NCC, NSS and Rotaract AJU.



Fig 39: Participant show casing her talent during Talent hunt



Fig 40: Speaker taking session on ERP system

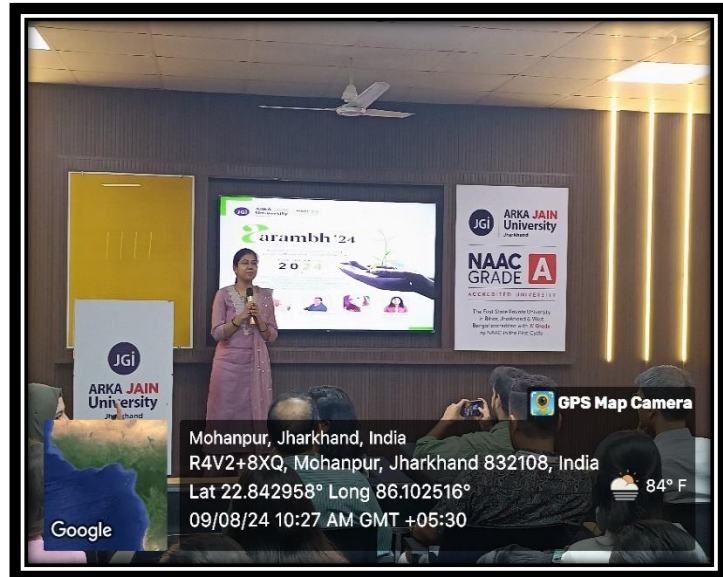


Fig 41: Ms. Smita Verma, addressing the participants about gender sensitization and gender equity.



Fig 42: Participant enjoying the Game- "Passing the Ball"



Fig 43: Outreach activity- Tour to Dimna



Fig 44: Outbound Program addressed by the expert speaker.



Fig 45: Participation in outbound activity @ Hotel Kannelite

List of Participants

DAY 1

SCHOOL OF HEALTH AND ALLIED SCIENCE

DEPARTMENT OF OPTOMETRY

ATTENDANCE SHEET - AARAMBH' 24 - INDUCTION AND ORIENTATION PROGRAM - 05.08.2024

SL NO.	ENROLLMENT NO	NAME	SIGN
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11	AJU/240568	AKASH KUMAR SONI	<i>Akash K Soni</i>
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13	AJU/240719	SUJATA SINGH MODAK	<i>Sujata Singh Modak</i>
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15	AJU/240845	SANDEEP KUMAR	<i>Sandeep Kumar</i>
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18	AJU/240981	ACHINTA MUNDA	

19	AJU/241007	BANANI BERA	<i>Banani Bera</i>
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29	AJU/241503	RIYA MANDAL	<i>Riya Mandal</i>
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35	AJU/241721	NANDINI KUMARI	<i>Nandini Kumari</i>

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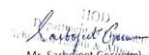
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Write-Ups

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1. Swami Vivekananda

His Life :- Swami Vivekananda, known in his premonastic life as Narendranath Datta, was born in an affluent family in Kolkata on 12 January 1863. His father, Vishwanath Datta, was a successful attorney with interests in a wide range of subjects and his Mother, Chhuvaneshwari Devi, was endowed with deep devotion, strong character and other qualities. A precocious boy, Narendranath excelled in music, gymnastics and studies. By the time he graduated from Calcutta University, he had acquired a vast knowledge of different subjects especially western philosophy and history.

His contribution to society

- Swami Vivekananda is credited with introducing the west to the Indian philosophies of Vedanta and yoga.
- He worked in the field of social service.

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- He spoke to people in India and urged them to eliminate the caste system and promote science and industrialisation.
- He also inspired many people to join the freedom struggle, thereby contributing to the rise of the national independence movement.
- His teachings opened up interfaith debates and interfaith awareness.
- His interpretation of Vedanta is called neo-Vedanta.
- The four pillars of nationalism according to Swami Vivekananda are :-
 - consciousness are pride in the ancient glory of India.
 - Development of moral and physical strength
 - Awakening of the masses.
 - unit based on common spiritual ideas.
- He wanted the people to embrace the spirit of equality and free thinking.

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His Speech and its impact

Swami Vivekananda delivered a historic speech at the Parliament of the World's Religions in 1893, introducing Hinduism and Indian spirituality to the western world. He emphasized the importance of religious tolerance, universal acceptance and the idea that all religions lead to the same truth.

His writings and speeches did a lot to spread Hindu philosophy in the west especially Advaita Vedanta and yoga philosophies. In 1886, he formally accepted monastic vows. He established many monasteries in India the most important being the Belur Math in Belur, Hosur district. He founded the Ramakrishna Mission in May 1897.

The importance of his speech in the contemporary world:

Swami Vivekananda is credited with introducing the west to the Indian philosophies of Vedanta and yoga. He worked in the field of social service. He spoke to people in India and urged them to eliminate the caste system and promote science and industrialisation.

2. Entrepreneurship Venture

1. Providing quality eye care services to underserved communities.
 2. Creating awareness about eye health and preventive measures.
 3. Offering affordable and accessible eye care solutions.
 4. Developing innovative and technologies or products for eye care.
 5. Building a team of skilled optometrists and support staff.
 6. Fostering a culture of excellent customer service and patient care.
 7. Collaborating with other healthcare professionals for comprehensive care.
 8. Supporting research and education in optometry and vision science.
- Promoting eye health and wellness through community outreach programs.

10. Embracing sustainable and environmentally friendly practices in your business.
- By focusing on these areas:
- Improve vision and quality of life for individuals.
 - Contribute to the overall health and well-being of the community.
 - Create jobs and stimulate economic growth.
 - Drive innovation and advancements in eye care.
 - Make a positive social impact and leave a lasting legacy.

3. Tree plantation

Tree Plantation is very necessary because trees provide oxygen to the environment and make the air quality better. If more trees are planted, then the world's environment will become a safer place to live in. Tree plantation also reduces pollution, thus making the life of future generations secure.

Trees strengthen social bonds because trees create healthy air and improve human health. They have an impact on strengthening social relationships.

Forest for Peterborough began in 2010 with the aim to plant a tree for every person in Peterborough by 2030, a number that is now projected to grow to March 2018. Forest for Peterborough has brought together many businesses through volunteer tree planting days, enabling companies to give back to the city, making it a more beautiful and healthier place to live and work. The project engages landowners, community businesses and other stakeholders to improve

their local environment. It offers volunteer opportunities and provides an educational experience along with the opportunity to do something positive for the local community in an open, friendly environment.

Benefits of tree plantation

There are numerous benefits that the project brings to the community:-

- Clean the air. After taking a stroll in the woods, you might have felt that there is clean air.
 - Reduces Greenhouse gas.
 - Reduce Soil Erosion.
 - Protect the Ozone layer.
 - Prevent water Pollution.
 - Conserve Energy.
 - Save water.
 - Provide Habitat.
 - Protect the Ecosystem.
 - Trees Provide Economic opportunities
- Conclusion.

4

Human Values

Human values are the core values that make up our personality and define how we act in life. These values are very important as they make up who we are and are what guide us through life. The values that we hold determine who we want to be as well as how we live our lives and the decisions that we make on an everyday basis. Without these values, our lives would become chaotic and there would be no meaning behind any of the things that we do or say.

Importance of Human Values:-

- Provides understanding of the attitudes, motivation and behaviours.
- Influences our perception of the world around us.
- Represents interpretation of "Right and Wrong".
- Provides a way to understand humans and Organisation.

The five human values, which are expected in all human beings, irrespective of whether they are employees or not in whichever profession or service, are:-

- Right conduct:- Contains values like self-help skills (modesty, self-reliance, hygiene etc.), social skills (good behavior, good manners, environment awareness etc.), ethical skills (courage, efficiency, initiative, punctuality etc.) and ownership.
- Peace:- contains values like equality, focus, humility, optimism, patience, self-confidence, self-control, self-esteem etc.
- Truth:- contains values like accuracy, fairness, honesty, justice, quest for knowledge, determination etc.
- Peaceful co-existence:- contains values like psychological (benevolence, compassion, consideration, morality, forgiveness etc.) and social (brotherhood, equality, perseverance, respect for others, environmental awareness etc.).
- Discipline:- contains values like regulation, direction, order, etc.

5

Gender and its classification

Gender is a social construct that refers to the characteristics of women, men, girls and boys, including their norms, behaviors, roles and relationships with each other. It also includes gender expression, which is a person's gender-related self-image, appearance, behavior, or other gender-related characteristic. Gender is different from sex, which refers to a set of biological attributes like chromosomes, gene expression and reproductive anatomy.

Gender is a social, psychological, and cultural construct that's developed through socialization and varies from society to society and over time. It influences how people perceive their internal sense and personal experience of gender.

A gender classification system uses face of a person from a given image to tell the gender (Male/Female) of the given person.

Gender is a concept that can be broken down into three categories: gender identity, gender expression, and physical sex. Gender is not fixed and can change over time. Here are some terms that may be used to describe an individual's gender.

- Gender identity:- How a person sees themselves, their internal sense, and personal experience of gender. It's not visible to others.
- Gender expression:- The external presentation of your gender. For example, genderfluid is a gender expression in which an individual sometimes identifies and/or expresses themselves as a female at some times and a male at others.
- Physical sex:- The sex a person was assigned at birth.

Feed Back

