



Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University under Category A by MHRD, Estd. u/s 3 of UGC Act 1956)

Re-accredited with A+ Grade by NAAC. Recognised by UGC Under Section 12 B

Coimbatore - 641 043, Tamil Nadu, India

DEEKSHARAMBH

Student Induction Programme – 2020 -2021

TASK GROUP

FACULTY	DESIGNATION	E-MAIL ID	MOBILE
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DAILY ACTIVITY SCHEDULE

Day 1	
9.00 am – 9.45 am	Welcoming the Freshers
9.45 am – 11.00 am	Welcome meeting with authorities
11.00 am – 12.45 pm	Parents' Meeting
	Familiarization with School / Dept.
1.30 pm – 3.30 pm	Campus tour
Day 2	
9.45 am – 12.45 pm	Institutional Orientation – Genesis and Development of the institution
	Anti Ragging
	Grievance Redressal and Sexual Harassment
1.30pm – 3.30 pm	NSS

	NCC
	Sports
3.30 pm – 4.30 pm	Physical Activity – Aerobics
Day 3	
9.45 am – 12.45 am	Mentoring - Universal Human Values
1.30 pm – 3.30 pm	Examination and Evaluation
	Online Payment – PFMS
3.30 pm – 4.30 pm	Physical Activity – Aerobics
<i>Assignment 1: One page write up on Hobbies</i>	
Day 4	
9.45 am – 12.45am	Creative Arts and Culture – Photography Club, Eco Club, Voyage Club, Arts and Crafts Club, Astronomy Club, Fine Arts Club
1.30 pm – 3.30 pm	Creative Arts and Culture – Antique Club, Quiz Club, Dramatic Club, CII Young India Club, Rotaract Club
3.30 pm – 4.30 pm	Physical Activity – Aerobics
<i>Assignment 2: Read a play in your mother tongue and write a one page summary of the same</i>	
Day 5	
9.45 am – 12.45 pm	Familiarisation with Institution - E-campus orientation
	Library Resources and Facilities
	Scholarship details
	Placement
1.30 pm – 3.30 pm	Talent Hunt - Dance and Instruments
3.30 pm – 4.30 pm	Physical Activity – Sports
<i>Assignment 3: Prepare a short skit in your regional language to be performed the next day</i>	
Day 6	
9.45 am – 12.45am	Literary activity - Tamil, Hindi, Sanskrit (General reading, writing summaries, enacting a short skit)

1.30 pm – 3.30 pm	Lecture on “Reproductive Health”
3.30 pm – 4.30 pm	Physical Activity – Sports
<i>Assignment 4: Write ways in which you will socialise with others.</i>	
Day 7	
9.45 am – 11.15 am	Mentoring - Universal Human Values
11.15 am – 12.45 pm	Lecture on “Money Management and Savings”
1.30 pm – 3.30 pm	Extracurricular Activities - Ice breaking sessions
3.30 pm – 4.30 pm	Physical Activity – Games
<i>Assignment 5: List the ways you have followed to preserve our environment.</i>	
Day 8	
9.45 am – 11.15 am	Environmental Issues- Activity
11.15 am – 12.45 pm	Literary activity – Group discussion on “What does the world expect from youth of today”
1.30 pm – 3.30 pm	Extracurricular Activities - Group activity – Goal setting, skill learning, peer group friendship and positive thinking
3.30 pm – 4.30 pm	Physical Activity – Games
Day 9	
9.45 am - 12.45 pm	Mentoring - Universal Human Values
1.30 pm – 3.30 pm	Lecture on “Education for Wholesome Development”
3.30 pm – 4.30 pm	Physical Activity – Martial Arts for self defense
<i>Assignment 6: List the importance of physical activities</i>	
Day 10	
9.45 am - 12.45 pm	Mentoring – Universal Human Values
1.30 pm – 3.30 pm	Lecture on “Education for Wholesome Development”
3.30 pm – 4.30 pm	Physical Activity – Martial Arts for self defense

Assignment 7: List the ways you have followed to preserve our environment

Day 11

9.45 am - 12.45 pm	Yoga
1.30 pm – 4.30 pm	Sports and Aerobics (FIT INDIA)

Day 12

9.45 am - 12.45 pm	Yoga
1.30 pm – 4.30 pm	Physical Activity - Sports and Games

Day 13

9.45 am - 12.45 pm	Yoga
1.30 pm – 4.30 pm	Traditional/Regional Games

Assignment 8: Write on the Heritage of our country

Day 14

9.45 am – 12.45 pm	Visit to Gass Museum, Forest College Campus , Coimbatore
1.30 pm – 3.30 pm	Mentoring – Universal Human Values
3.30 pm - 4.30pm	Physical Activity – Zumba

Day 15

9.45 am – 11.00 am	Mentoring – Universal Human Values
11.00 am – 12.45 pm	Lecture on “Drug Abuse — Ill-effects and Prevention”
1.30 pm – 3.30 pm	Preparation of Report

ACTIVITIES AFTER INDUCTION

Bridge Course in English

Field visits for social sensitization – visit to villages
(as part of NSS)

Mentor Mentee network throughout the course
period

One day visit to Kasthuri Srinivasan Art Gallery,
Coimbatore

SCHEDULE FOR FOLLOW UP DURING THE SUBSEQUENT SEMESTER

Day 1	
9.45 am – 10.00 am	Introduction about the follow up session
10.00 am - 11.30 am	Lecture on “Smart Youth Use Technology Smartly”
11.30 am – 12.45 pm	Lecture on “Money Management and Savings”
1.30 pm– 3.30 pm	Mentoring – Universal Human Values
Day 2	
9.45 am – 12.45 pm	Inspiring video films
1.30 pm – 3.30 pm	Group discussion based on the values imbibed from the videos
Day 3	
9.45 am – 12.45 pm	Cultural Programmes
1.30 pm – 3.30 pm	Art Display