

## INDEX

### **Criterion No: 7.1.10**

**Criterion Details:** The Institution has a prescribed code of conduct for students, teachers, administrators and other staff and conducts periodic programmes in this regard.

S. No.	Particulars	Annexure No.
1.	Minutes of Meeting (MOM)	Annexure - I
2.	Circular	Annexure – II
3.	Institution organizes professional ethics Programmes for students, teachers, administrators and other staff <ul style="list-style-type: none"> <li>• 24 hrs. plastic free MARATHON</li> <li>• Blood donation drive</li> <li>• Cleanliness drive</li> <li>• Clothes donation drive</li> <li>• Guest lecture on Constitutionalism</li> </ul>	Annexure – III
4.	Annual awareness Programmes on Code of Conduct are organized <ul style="list-style-type: none"> <li>• Induction Program</li> </ul>	Annexure - IV

Ref.No.:Tula's/Director/0822/05

Date: 13/08/2022

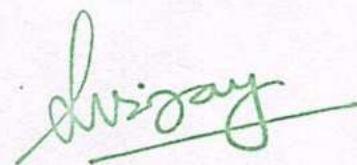
### NOTICE

This is to inform you all that the meeting of the Code of conduct will be held at Director Office at 02:30 pm on 17/08/2022. All the members are requested to attend the meeting.

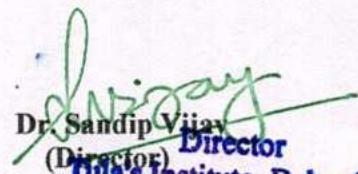
Attendee:	Dept. & Designation
Dr. Sandip Vijay	Director
Dr. Nishant Saxena	Member
Dr. Pawan Kumar Chaubey	Member (Secretary)
Dr. Sandeep Kumar	Member
Mr. Ankur Kumar	Member
Mr. Ankit Jain	Member

The agenda points for the following meeting are as follow:

- 01: Chairperson welcomed all the committee members.
- 02: Discussion on Guidelines for Personal and Professional Conduct of Teaching/Non-Teaching Staff and Students.
- 03: Defining Clear Responsibilities and Accountability.
- 04: Organizing an Orientation Program.



Dr. Sandip Vijay  
Director  
Tula's Institute, Dehradun



Dr. Sandip Vijay  
(Director)  
Director  
Tula's Institute, Dehradun

#### Vision

- To emerge as an academic centre producing world class professionals promoting innovation and research.

#### Mission:

- To Promote intellectual and skilled human capital generation employment and entrepreneurship.
- To Be educational centre of excellence of multi ethnicity and diversity.
- To Establish as technology driven teaching learning institution.
- To Provide world class platform for research and innovation.
- To Inculcate social, environmental, heritage values.



Dhoolkot, P.O. Selaqui, Chakrata Raod  
Dehradun-248011 (U.K. India)



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0135-2699300  
0135-2699309

## Meeting of Code of Conduct (Minutes of Meetings)

Date/Time	17/08/2022 02:30PM	
Venue:	Director Office	
Minutes taken by:	Mr. Ankur Kumar	
Chairperson	Dr. Sandip Vijay	
Attendee:	Dept. & Designation	Signature
Dr. Sandip Vijay	Director	
Dr. Nishant Saxena	Member	
Dr. Pawan Kumar Chaubey	Member (Secretary)	
Dr. Sandeep Kumar	Member	
Mr. Ankur Kumar	Member	
Mr. Ankit Jain	Member	
Absent:	Reason	

### Agenda:

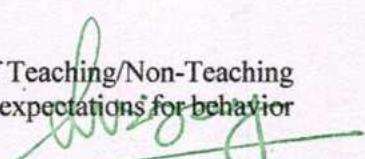
Discussion on Code of Conduct

Issues	Actions		
	No.	Actionee	Due Date
01: Chairperson welcomed all the committee members.	1		
02: Discussion on Guidelines for Personal and Professional Conduct of Teaching/Non-Teaching Staff and Students.	2		
03: Defining Clear Responsibilities and Accountability.	3		
04: Organizing an Orientation Program.	4		

### Agenda Items Discussed:

01: Chairperson welcomed all the committee members.

02: Discussion on Guidelines for Personal and Professional Conduct of Teaching/Non-Teaching Staff and Students. The focus was on ensuring clarity and consistency in expectations for behavior and responsibilities.



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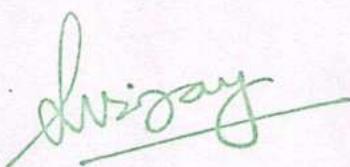
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\*Approved by AICTE, Ministry of HRD, Govt. of India \*ISO 9001:2015, ISO 14001:2015, ISO 50001:2018  
Affiliated: •VMSB Uttarakhand Technical University • Sri Dev Suman Uttarakhand University • Uttarakhand Board of Technical Education

03: Members discussed the importance of defining clear responsibilities and accountability for all employees. Emphasis was placed on fostering a culture of accountability to enhance overall institutional efficiency.

04: Decided to organize an orientation program to educate all students and staff members about the code of conduct.

The meeting was adjourned with a vote of thanks to the chair.



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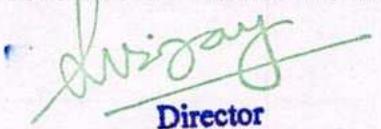
Date: 13<sup>th</sup> and 14<sup>th</sup> December 2022

**"PLAFTHON" 24 HOUR PLASTIC FREE MARATHON BY  
"TULA'S INSTITUTE AND DISCOVER UTTARAKHAND  
MAGAZINE"**



**ABOUT PLASTIC-FREE ENVIRONMENT**

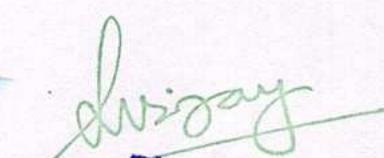
On 30th July 2018, Minister of State for Environment, Forest and Climate Change, Dr. Mahesh Sharma said that India was the global host for "World Environment Day – WED 2018" on 5 June, 2018. In a written reply to a question in Rajya Sabha here today, Dr. Sharma said that during this celebration, the Ministry launched a pan-India plastic clean-up drive in public areas, national reserves, forests, beaches, rivers, etc. Further, letters were written to the State Governments asking them to make protected areas as "Plastic Free Zones". "To combat plastic pollution, 21 States/Union Territories in the country have also notified more stringent norms and imposed a ban on plastic carry bags and other items in their respective States/UTs", the Minister said. Dr. Sharma stated that as per the provisions of the Rules, the generators of waste have been mandated to take steps to minimize the generation of plastic waste, not to litter, ensure segregated storage of waste at the source and hand over segregated waste to the local bodies or authorized agencies. The Rules also mandate the responsibilities of local bodies, gram panchayats, waste generators, retailers, and street vendors to manage plastic waste. It is also mandated that the producers, importers, and

  
Director  
Tula's Institute, Dehradun

brand owners work out modalities for the waste collection system based on the principle of Extended Producer Responsibility. The Minister added that further, the Ministry of Environment, Forest and Climate Change has written letters to the offices that come under its administrative control, Regional Offices of the Ministry, offices of the Central Government and its departments, major PSUs, corporates, institutes, etc to prohibit single-use plastic products including water bottles, take away coffee cups, lunch wrapped in disposable plastic packaging, plastic bags, disposable food containers, plates and containers made of polystyrene foam, plastic straws, etc. in their offices. The schools were reached through Eco-Clubs operating in the respective states to create awareness about the ill effect of "single-use plastic" and imbibe the "Green Good Deeds" practices. Dr. Sharma said that letters were also issued to Chief Secretaries of all the States/Union Territories to communicate with temples, mosques, gurudwaras, and churches in their states on the ill effects of "single-use plastic" and to encourage staff and visitors to prohibit Single-use plastic products.

### **Objectives of the Event**

- Creating awareness among people
- Minimizing plastic waste production
- Promoting appropriate waste management techniques
- Reducing plastic waste
- Reusing & Recycling
- Using plastic waste in energy development
- Safe waste disposal
- Preventing pollution
- Protecting water bodies and the environment
- Maintaining ecosystem and sustainable development



Dr. Divyanshu  
Director  
Tula's Institute, Dehradun

## **Summary Report**

### **An Initiative by Tula's Institute and Discover magazine**

**Date: 13/12/22 & 14/12/22**

On November 13<sup>th</sup> and 14<sup>th</sup>, Tula's Institute, with Discover Uttarakhand, initiated a drive called Plafthon, a 24-hr continuous plastic garbage collection drive across Dehradun.

The drive was inaugurated under the able guidance of Dr. Pawan Kumar Chaubey, Registrar, Dr Nishant Saxena Dean Academics, Dr Ranit Kishore Dean Agri And Management, Emmanuel Gabriel & Dr. Nidhi Goyal Vibgyor Heads.

The areas covered were Dhoolkot Mafi, Ton's river, AWHO colony, Singni wala More, Chakrata Road, Datt Kali, Upper Dhoolkot, Bansiwala, Jhajhra, Sudhowala, Nanda Ki Chowki and Premnagar

In around more than 300 kg of plastic was collected. Around 28 volunteers were present along with 4 camera persons. The drive was led by the President of the student council Pratik Ojha along with his team which consisted of Nikhil Chaudhary, Treasurer, and Shristi Saumya, Secretary.

In fact, Pratik Kumar Ojha said that plastic is polluting our environment day by day, this problem has increased very much and he even added that since the time of the industrial revolution, the plastic industry has increased rapidly.

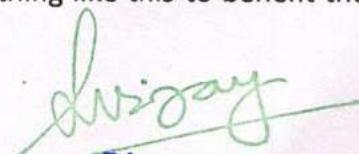
Due to the increasing number of factories and vehicles around the world, the level of pollution has increased manifold in the last few decades.

To which Shristi Saumya added that on one hand the smoke emanating from vehicles and factories has made it difficult for us to breathe by polluting the air and on the other hand, the plastic waste from industries and houses has contributed to water and land pollution, due to which many serious diseases have taken birth.

Fauna club coordinator Anmol Ratnam said that due to plastic pollution, animals also suffer a lot, Further Ritika Rajput said that the work of the government is done only on paper and not on the ground.

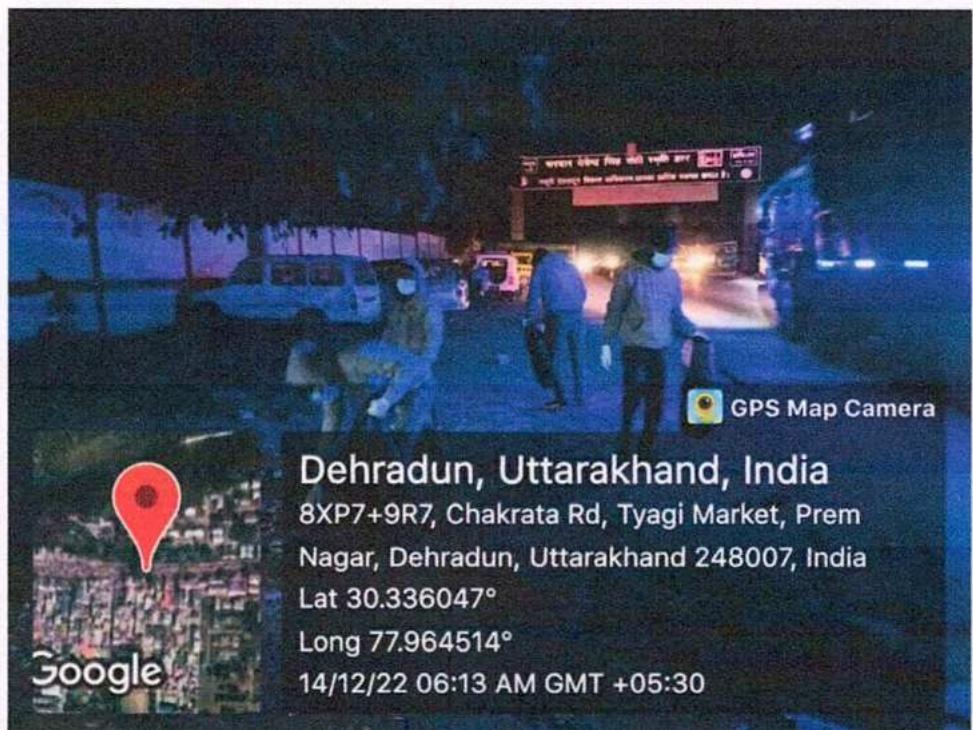
The only aim of these students was to create awareness among mankind to start understanding the amount of poison these plastics carry for our society.

Tula's Institute is the first College throughout India to do something like this to benefit the environment and we look forward to more such events.

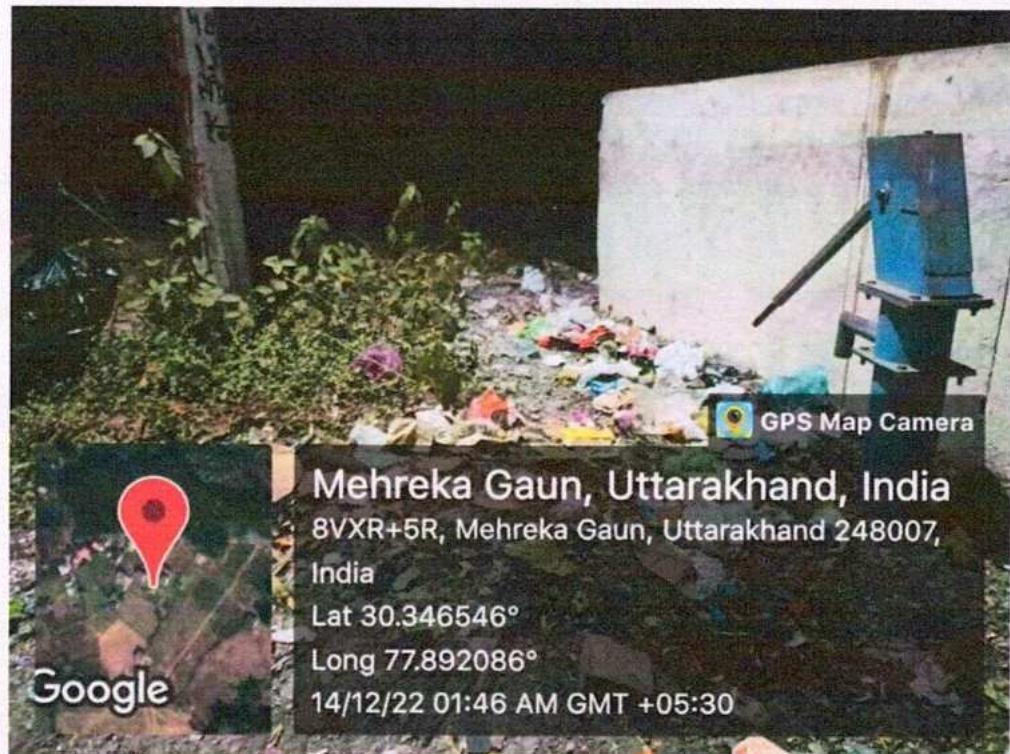
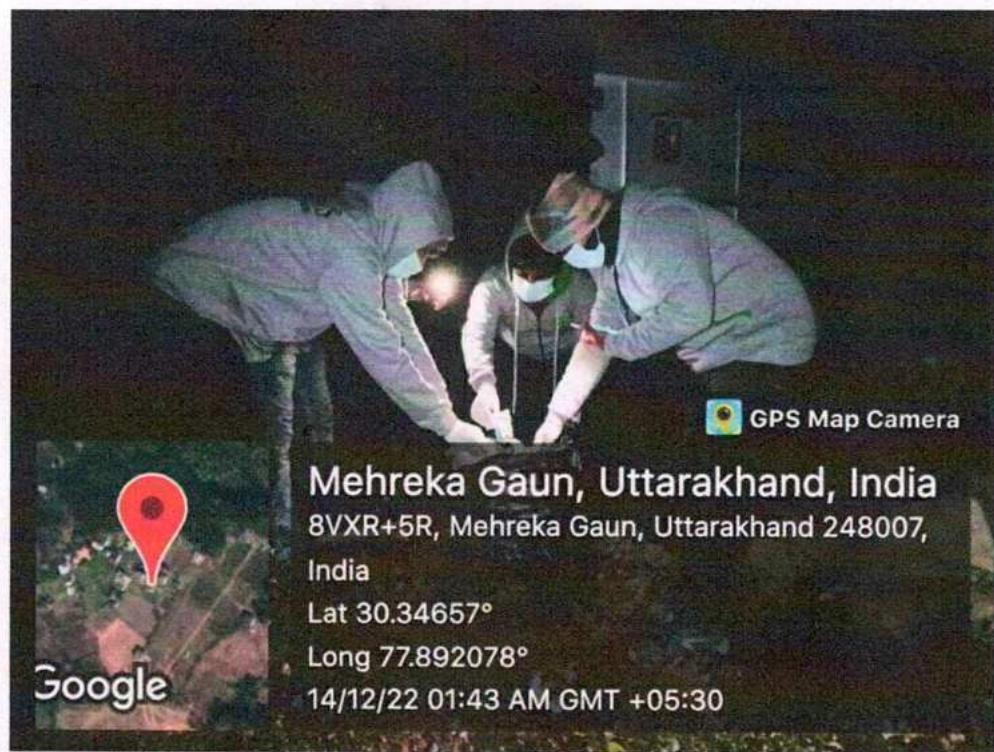


**Director  
Tula's Institute, Dehradun**

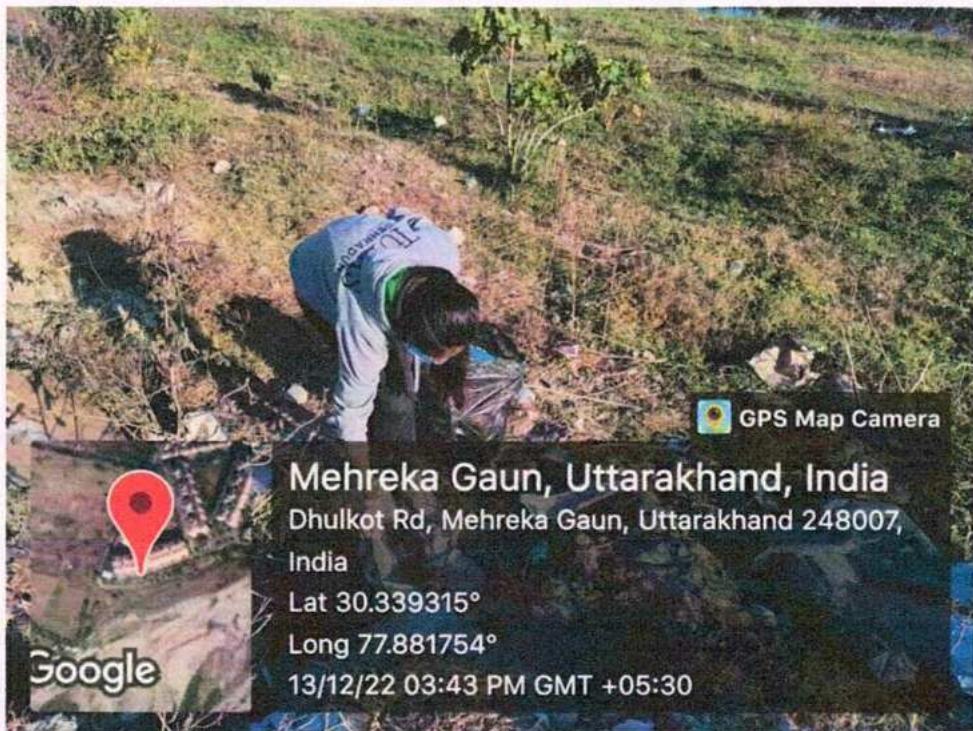
GEOTAGGED PHOTOGRAPHS



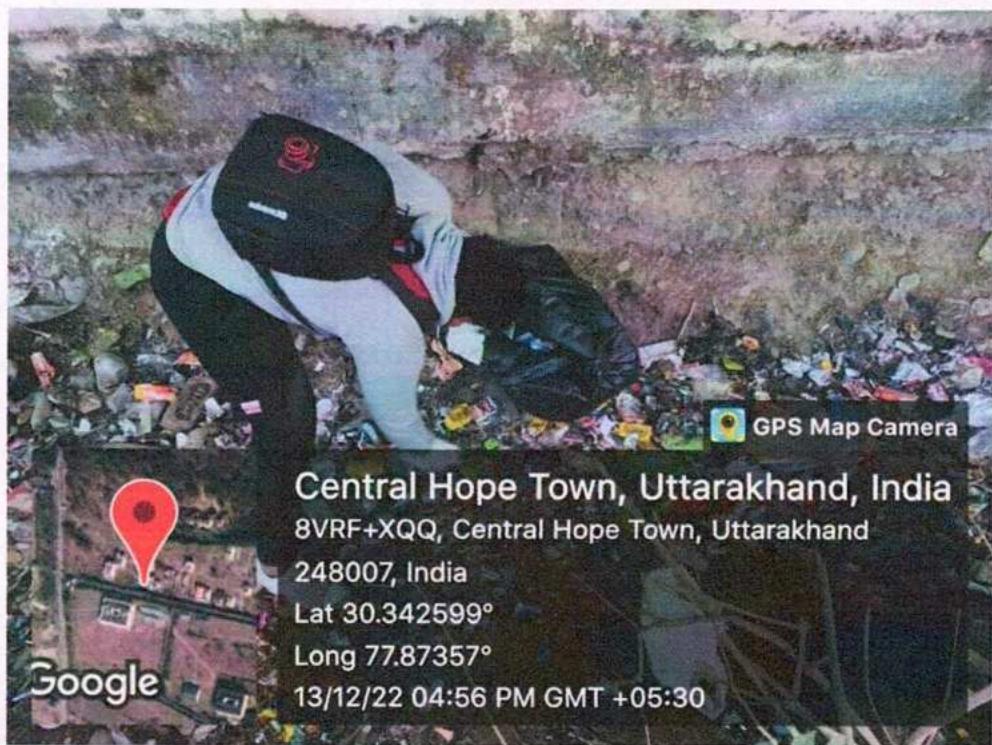
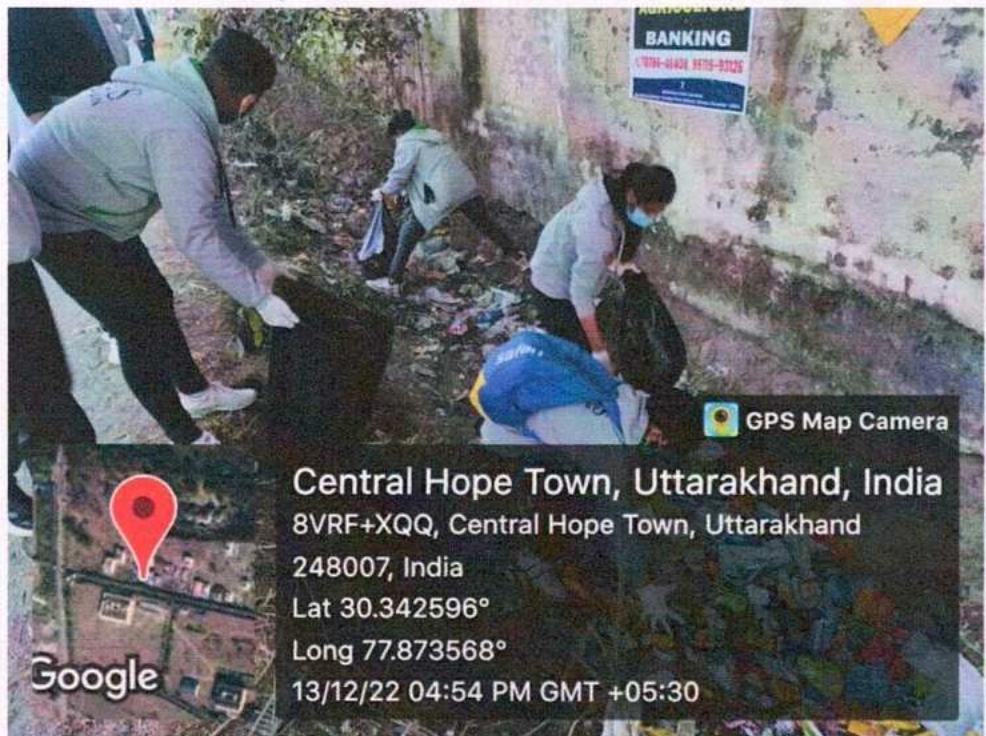
*Divyay*  
Director  
Tula's Institute, Dehradun



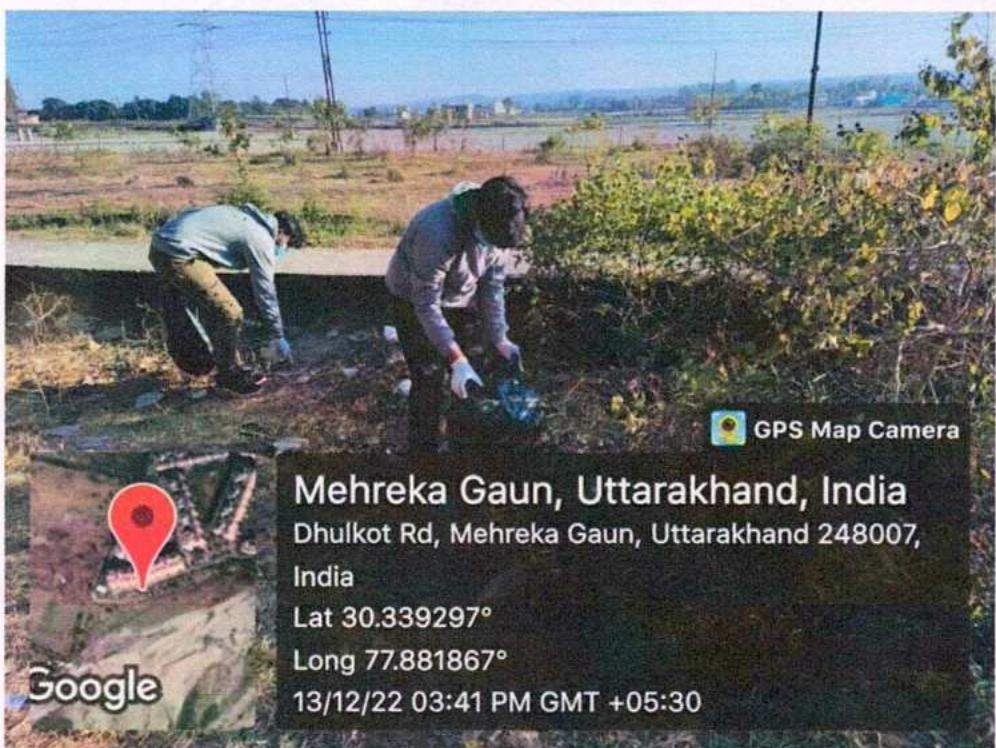
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Director  
Tula's Institute, Dehradun



*Divijay*  
Director  
Tula's Institute, Dehradun



*Divyaj*  
Director  
Tula's Institute, Dehradun



*Dwijay*  
Director  
Tula's Institute, Dehradun

## MEDIA COVERAGE

# दैनिक जनभारत मेल

## तुलाज़ इंस्टीट्यूट ने कचरा संग्रहण अभियान प्लाफथॉन का आयोजन किया

देहरादून, संवाददाता। तुलाज़ इंस्टीट्यूट ने शहर भर में प्लास्टिक नामक 24 घंटे लम्बा प्लास्टिक कचरा संग्रहण अभियान चलाया। इस अभियान का उद्देश्य तुलाज़ इंस्टीट्यूट के रजिस्ट्रेशन डॉ. पवन कुमार और डॉ. निशांत सक्सेना, डॉ. एशोकलचर एंड मैनेजमेंट गणित किशोर, और विवायर हेल्प इम्प्रेन्ट गेंदबाज़ और डॉ. निष्ठा गोयल द्वारा किया गया।

अपनी तरह के इस अनोखे प्लास्टिक कचरा संग्रहण अभियान के तहत, अभियान में भाग लेने वाले छात्रों ने देहरादून और आसपास के कई क्षेत्रों में प्लास्टिक कचरा एकत्र करा, जिनमें धूलकोट माफि, टोम नदी, एडल्ड्यून-चत्तोरी, सिंगीनी वाला मोड़, चक्रता रोड, डाट काली, ऊरी धूलकोट, बर्मीवाला, झाझरा, मुण्डीवाला, नंदा और छोकी, और प्रेमनगर शामिल हैं। अभियान का नेतृत्व



छात्र परिषद के अध्यक्ष प्रतीक कुमार ओझा, कोषालगढ़ निखिल चौधरी व सचिव मृष्टि सीम्या ने किया। लगभग 28 स्थायसेवकों ने सक्रिय रूप से अभियान में भाग लिया और 300 किलोग्राम से अधिक प्लास्टिक कचरा एकत्र किया।

इस अवसर पर बोलते हुए, प्रतीक कुमार ओझा ने कहा, प्लास्टिक हर दिन तेज़ी से हमारे पाणीवरण

को प्रदूषित कर रहा है। औद्योगिक क्रांति के समय से, प्लास्टिक उद्योग तेज़ी से बढ़ा है। यही समय है कि हम सभी को इस गंभीर मुद्दे पर अकुण लगाने के लिए एक साथ आना चाहिए। इटिव के दौरान, तुलाज़ इंस्टीट्यूट के छात्रों का उद्देश्य जनता के बीच समाज में प्लास्टिक द्वारा पैलाये जा रहे जहर के बारे में जागरूक करना था।

# The Hawk

## Tula's Institute Holds Garbage Collection Drive 'Plafthon'



**Dehradun (The Hawk):** Tula's Institute held a 24-hour continuous plastic garbage collection drive titled 'Plafthon' across the

city. The drive was inaugurated by the Registrar of Tula's Institute, Dr. Pawan Kumar Chaudhary, and Secretary Shristi Saumya. Around 28 volunteers actively took part in the drive and collected more than 300 kgs

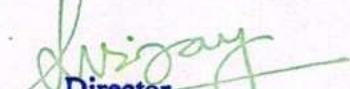
Under this one-of-its-kind plastic garbage collection drive, numerous areas around Dehradun were covered, including Dhookot Mafi, Toms River, AWHO Colony, Singhi Wala Mod, Chakrata Road, Datt Kali, Upper Dhookot, Banstwala, Jhajhra, Sudhowala, Nanda Ki Chowki, and Premnagar.

The drive was led by the President of the Student Council, Pratik Kumar Ojha, Treasurer Nikhil Chaudhary, and Secretary Shristi Saumya. Around 28 volunteers actively took part in the drive and collected more than 300 kgs

of plastic waste.

Speaking on the occasion, Pratik Kumar Ojha said, "Plastic is polluting our environment every day at a rapid rate. Since the time of the industrial revolution, the plastic industry has grown rapidly. It's high time that we all should come together to curb this serious issue and make the world a better place to live."

During the drive, the students of Tula's Institute aimed at creating awareness among the masses to start understanding the poison that plastics spread in society.

  
Director  
Tula's Institute, Dehradun

# The Himachal Times

## Tula's Institute holds garbage collection drive 'Plafthon'

Dehradun, Dec 15

(HTNS): Tula's Institute held a 24-hour continuous plastic garbage collection drive titled 'Plafthon' across the city. The drive was inaugurated by the Registrar of Tula's Institute, Dr. Pawan Kumar Chaudhary, Dean of Academics, Dr. Nishant Saxena, Dean of Agriculture & Management, Dr. Ranit Kishore, and Vibgyor Heads Emmanuel Gabriel and Dr. Nidhi Goyal.

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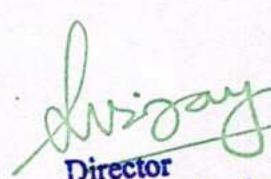
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Nidhi Goyal  
Director  
Tula's Institute, Dehradun

दैनिक

# नजरिया खबर

मातृत सरकार के डीएचीपी व राज्य सरकार द्वारा विज्ञापन के लिए मान्यता प्राप्त

## कचरा संग्रहण अभियान प्लाफथॉन का किया आयोजन

देहरादून (नजरिया खबर ब्लूरो)। तुलाज इंस्टीट्यूट ने शहर भर में प्लाफथॉन नामक 24 घंटे लम्बा प्लास्टिक कचरा संग्रहण अभियान चलाया। इस अभियान का उद्घाटन तुलाज इंस्टीट्यूट के रजिस्ट्रार डॉ. पवन कुमार चौधे, डीन एकेडमिक्स डॉ. निशांत सक्सेना, डीन एग्रीकल्यार एंड मैनेजमेंट रणित किशोर, और विवर्ग्योर हेड्स इमेनुएल गेंट्रियल और डॉ. निधि गोयल द्वारा किया गया।

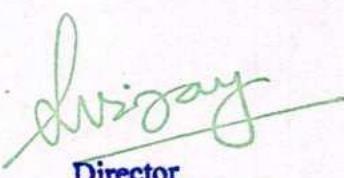
अपनी तरह के इस अनोखे प्लास्टिक कचरा संग्रहण अभियान के तहत, अभियान में भाग लेने वाले छात्रों ने देहरादून और आसपास के कई क्षेत्रों में प्लास्टिक कचरा एकत्र करा, जिनमें धूलकोट माफी, टॉस नदी, एडब्ल्यूएचओ कॉलोनी, सिंगनी वाला मोड़, चकराता रोड, डाट काली, ऊपरी धूलकोट, बंसीवाला, झाझरा, सुधोवाला,



प्लास्टिक कचरा संग्रहण करते हुए।

नंदा की चौकी, और प्रेमनगर शामिल हैं। अभियान का नेतृत्व छात्र परिषद के अध्यक्ष प्रतीक कुमार ओझा, कोषाध्यक्ष निखिल चौधरी व सचिव सृष्टि सौम्या ने किया। लगभग 28 स्वयंसेवकों ने सक्रिय रूप से अभियान में भाग लिया और 300 किलोग्राम से अधिक प्लास्टिक कचरा एकत्र किया।

इस अवसर पर बोलते हुए, प्रतीक कुमार ओझा ने कहा, प्लास्टिक हर दिन तेजी से हमारे पर्यावरण को प्रदूषित कर रहा है। औद्योगिक क्रांति के समय से, प्लास्टिक उद्योग तेजी से बढ़ा है। यही समय है कि हम सभी को इस गंभीर मुद्दे पर अंकुश लगाने के लिए एक साथ आना चाहिए।

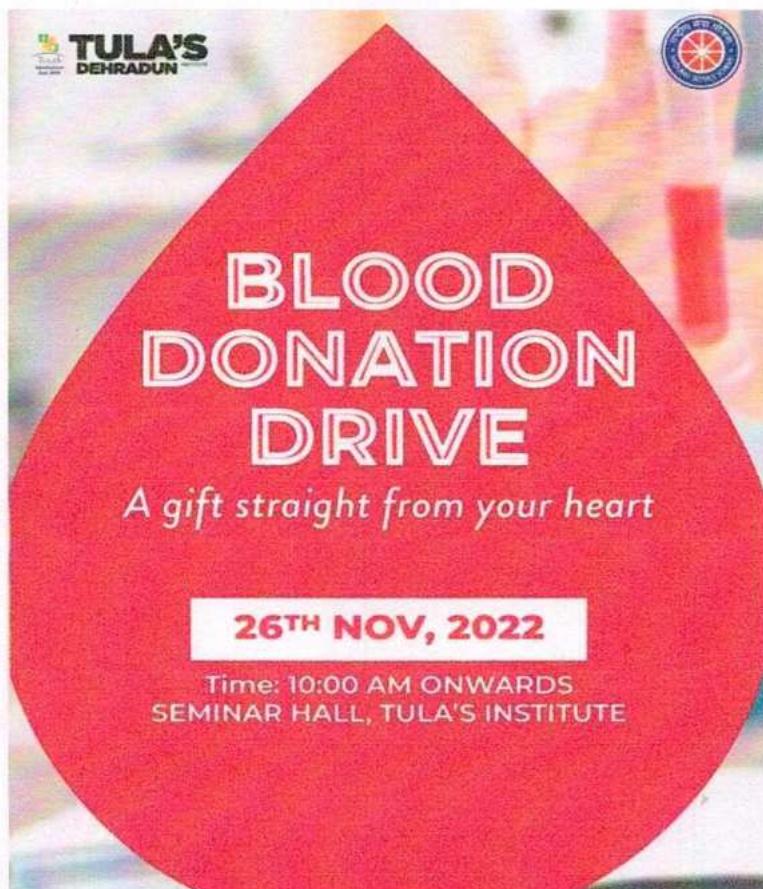
  
Dr. Nishant Sakseena  
Director  
Tula's Institute, Dehradun



## TULA'S INSTITUTE, DEHRADUN

Date: 26<sup>th</sup> November 2022

### BLOOD DONATION CAMP AT TULA'S INSTITUTE



Blood Donation Camp at Tula's Institute on 22nd December 2022

#### **Importance of Blood Donation**

Each day, thousands of people need donated blood and blood products to keep them in good health or allow them to stay alive.

If a person's blood levels fall due to an accident or illness, or if their blood is not functioning properly, there will not be enough oxygen or other nutrients to maintain their vital organs.

Donating whole blood can help these people.

A similar process to whole blood donation is apheresis. This provides other blood components, such as platelets. A donation of platelets can help people who have issues related to clotting. It may also provide antibodies to help fight disease, such as COVID-19,

*Shivaji D*  
Director  
Tula's Institute, Dehradun

Giving blood can be a lifesaving action, but it may also have benefits for the donor. In this article, learn about the effects of giving blood.

### **Objectives of Blood Donation Camp**

1. Provide safe and quality blood and blood components collected from voluntary donors, round the clock, at an affordable cost to the general public, and free of cost to the poor. Ensure the safety and quality of blood.
2. To wipe off the scarcity of blood and ensure the availability of safe and quality blood and other blood components, round the clock and throughout the year. This will lead to the alleviation of human suffering, even in the far-flung remote areas in the country

### **Summary (Press Release)**

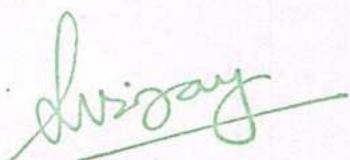
Tula's Institute, Dehradun, organized a blood donation camp on November 26 2022 in collaboration with NCC and NSS, with joint efforts of IMA Blood Bank, Uttrakhand. The students, faculty, and staff of the college volunteered for this noble cause and about 200 units of blood were collected.

This event was inaugurated by Dr. Raghav Garg, VP of Technology, Dr. Nishant Saxena, Dean of Academics, Dr. Pawan Kumar Chaubey, Registrar, and Dr. Ranit Kishore Dean of Agriculture and Management.

More than 100 students volunteered in donating blood.

The donors were given certificates, refreshments, and gifts after blood donation.

Overall, the drive turned out to be a success wherein all the faculties and students donated blood with full enthusiasm and courage.

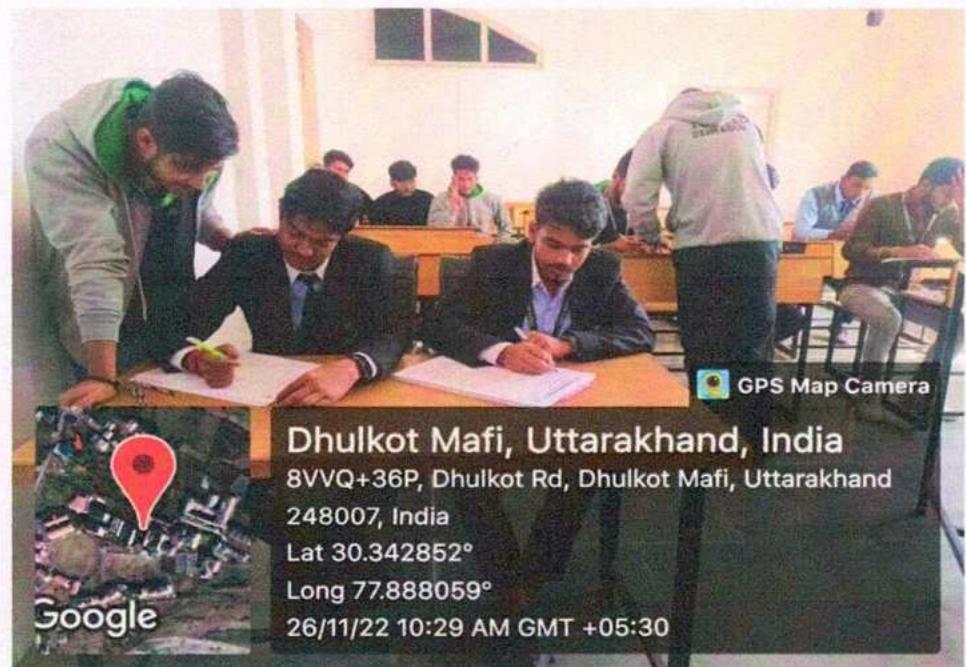


Dr. Raghav Garg  
Director  
**Tula's Institute, Dehradun**

## GeoTag Photographs of the event



Blood Donation Camp Organized at Tula's Institute 26th November 2022

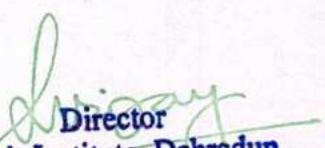


Blood Donation Camp Organized at Tula's Institute 26th November 2022

*Iswary*  
Director  
Tula's Institute, Dehradun

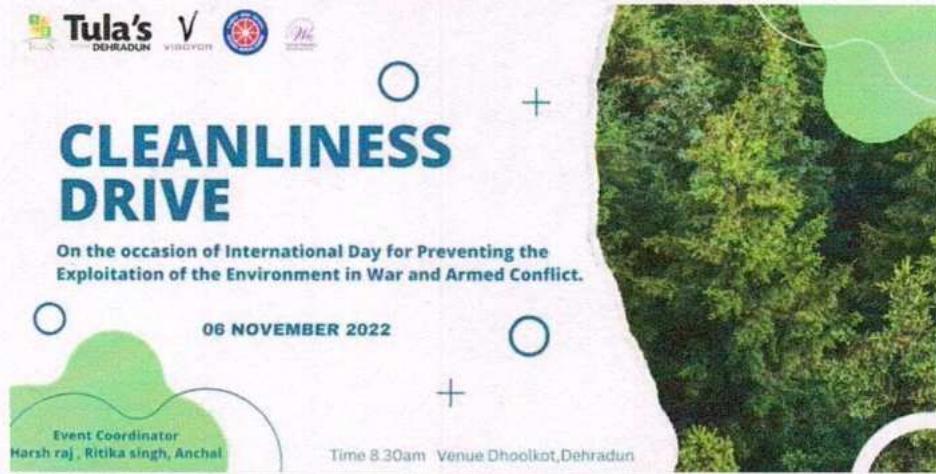


Blood Donation Camp Organized at Tula's Institute 26th November 2022

  
Director  
Tula's Institute, Dehradun

Date: 06th November 2022

## **'CLEANLINESS DRIVE' BY TULA'S INSTITUTE AND W.I.E AT DHOOLKOT MAFI, DEHRADUN**



Cleanliness Drive by Tula's Institute and W.I.E) at Dhoolkot Mafi on 06th november 2022

### **About Swachh Bharat Abhiyan**

Cleanliness is next to Godliness. We've heard this phrase many times. But do we follow this? A lot of people don't, even though we should. However, some of us don't even respect the people who clean the trash. There are a lot of cons for not maintaining cleanliness. Cleanliness should be followed by everyone. Let's find out more about it.

Cleanliness means that there is no dirt, no dust, no stains, no bad smells. The goals of cleanliness are health, beauty, absence of offensive odor and to avoid the spreading of dirt and contaminants to oneself and others.

With the help of cleanliness, we can keep our physical and mental health clean, which will make us feel good. Cleanliness gives rise to a good character by keeping body, mind, and soul clean and peaceful. Maintaining cleanliness is the essential part of healthy living because it is the cleanliness only which helps to improve our personality by keeping clean externally and internally.

It is everybody's responsibility, and one should keep themselves and their surroundings clean and hygienic. It also brings good and positive thoughts in the mind which slows down the occurrence of diseases.

### **Swachh Bharat Mission by Government of India**

"A clean India would be the best tribute India could pay to Mahatma Gandhi on his 150 birth anniversary in 2019," said Shri Narendra Modi as he launched the Swachh Bharat Mission at

*Swachh Bharat Mission*  
Director  
Tula's Institute, Dehradun

Rajpath in New Delhi. On 2nd October 2014, Swachh Bharat Mission was launched throughout the length and breadth of the country as a national movement.

While leading the mass movement for cleanliness, the Prime Minister exhorted people to fulfill Mahatma Gandhi's dream of a clean and hygienic India. Shri Narendra Modi himself initiated the cleanliness drive at Mandir Marg Police Station. Picking up the broom to clean the dirt, making Swachh Bharat Abhiyan a mass movement across the nation, the Prime Minister said people should neither litter, nor let others litter. He gave the mantra of 'Na gandagi karenge, Na karne denge.' Shri Narendra Modi also invited nine people to join the cleanliness drive and requested each of them to draw nine more into the initiative.

By inviting people to participate in the drive, the Swachhta Abhiyan has turned into a National Movement. A sense of responsibility has been evoked among the people through the Clean India Movement. With citizens now becoming active participants in cleanliness activities across the nation, the dream of a 'Clean India' once seen by Mahatma Gandhi has begun to take shape.

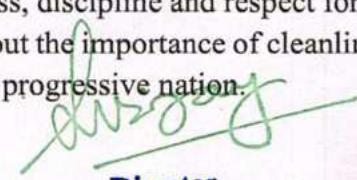
The Prime Minister has helped spread the message of Swachh Bharat by urging people through his words & action. He carried out a cleanliness drive in Varanasi as well. He wielded a spade near River Ganga at Assi Ghat in Varanasi under the Clean India Mission. He was joined by a large group of local people who cooperated in the Swachhta Abhiyan. Understanding the significance of sanitation, Prime Minister, Shri Narendra Modi has simultaneously addressed the health problems that Indians families have to deal with due to lack of proper toilets in their homes.

People from different sections of the society have come forward and joined this mass movement of cleanliness. From government officials to jawans, bollywood actors to the sportspersons, industrialists to spiritual leaders, all have lined up for noble work. Millions of people across the country have been day after day joining the cleanliness initiatives of the government departments, NGOs and local community centers to make India clean. Organizing frequent cleanliness campaigns to spread awareness about hygiene through plays and music is also being widely carried out across the nation.

Bollywood celebrities to television actors came forward and actively joined the initiative. Noted personalities like Amitabh Bachchan, Aamir Khan, Kailash Kher, Priyanka Chopra and entire cast and crew of SAB TV show 'Taarak Mehta Ka Ooltah Chashmah' lend a hand to Swachh Bharat Abhiyan. Numerous sportspersons like Sachin Tendulkar, Sania Mirza, Saina Nehwal and Mary Kom's contribution to the clean India drive have been commendable.

## **Objectives of the Event**

The 'Cleanliness Drive' would promote the values of cleanliness, discipline and respect for the environment in the children and educate and sensitize them about the importance of cleanliness for a healthy, socially responsible, economically dynamic and progressive nation.



Director  
Tula's Institute, Dehradun

## **Outcomes of the Event**

1. All the students and faculties of Tula's Institute participated in the event with great gusto.
2. Around 100 bags of garbage were collected from the venue.

## **List of Measures**

1. Masks, Hand Sanitizers, Hand Gloves were distributed among the students and all the volunteers.
2. Recyclable bin bags were given to the students and volunteers.
3. Arrangement of refreshment was done for the students and all the volunteers

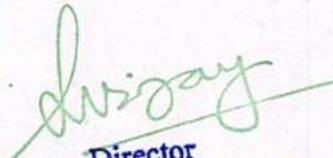
## **Summary Report**

### **An Initiative by Tula's Institute and W.I.E**

**Venue:** Dhoolkot

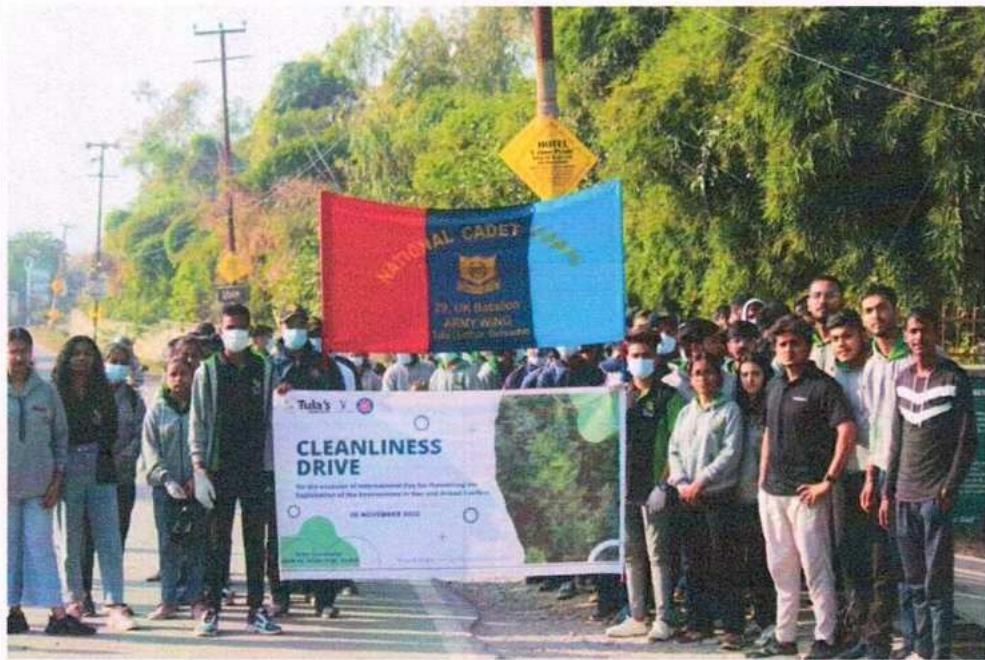
Tula's Institute successfully conducted a cleanliness drive in Dhoolkot. As a part of a series of activities carried out to commemorate 'International day for preventing the exploitation of the environment in war and armed conflict, a cleanliness drive was conducted on Nov 6<sup>th</sup>, 2022 at Dhoolkot Mafi in which staff, students, and NCC Cadets of Tula's Institute participated with full hustle and bustle.

The students cleaned the village and collected plastic garbage from every nook and corner. They also carried out a campaign on 'Say No to Plastic' and emphasized making the area plastic free. Around 100 Volunteers were present in the drive.

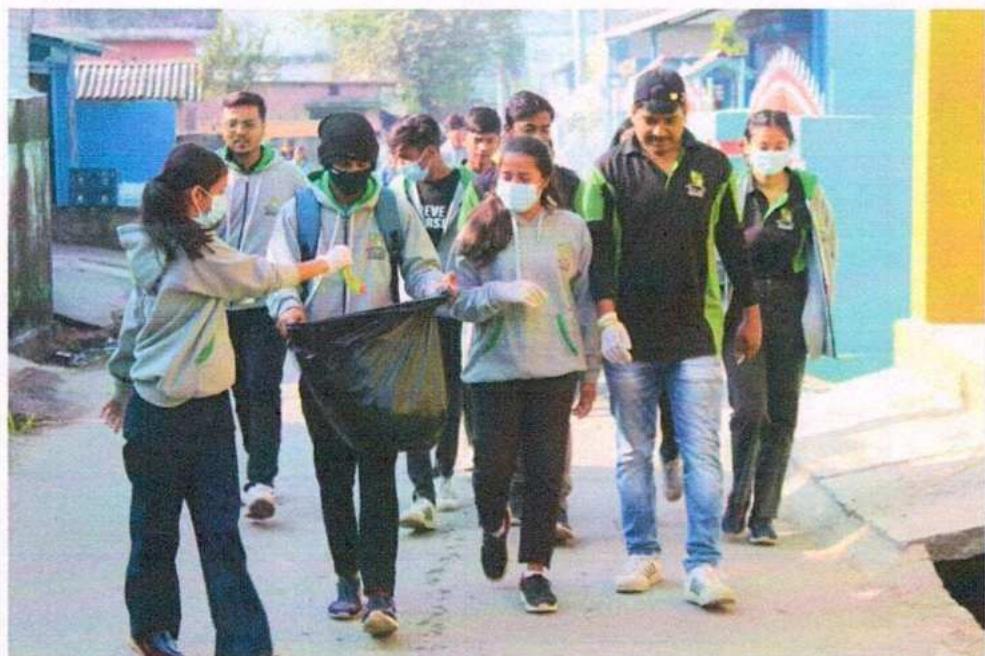


Dr. Divyaj  
Director  
Tula's Institute, Dehradun

## Event Photographs



Students participating in cleanliness drive, 06th November 2022



Students participating in cleanliness drive, 06th November 2022

*Divyajay*  
Director  
Tula's Institute, Dehradun



Students participating in cleanliness drive, 06th November 2022



Students participating in cleanliness drive, 06th November 2022

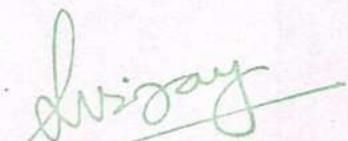
Director  
Tula's Institute, Dehradun



Students participating in cleanliness drive, 06th November 2022



Students participating in cleanliness drive, 06th November 2022



Director  
Tula's Institute, Dehradun

## Geo Tag Photographs of the event

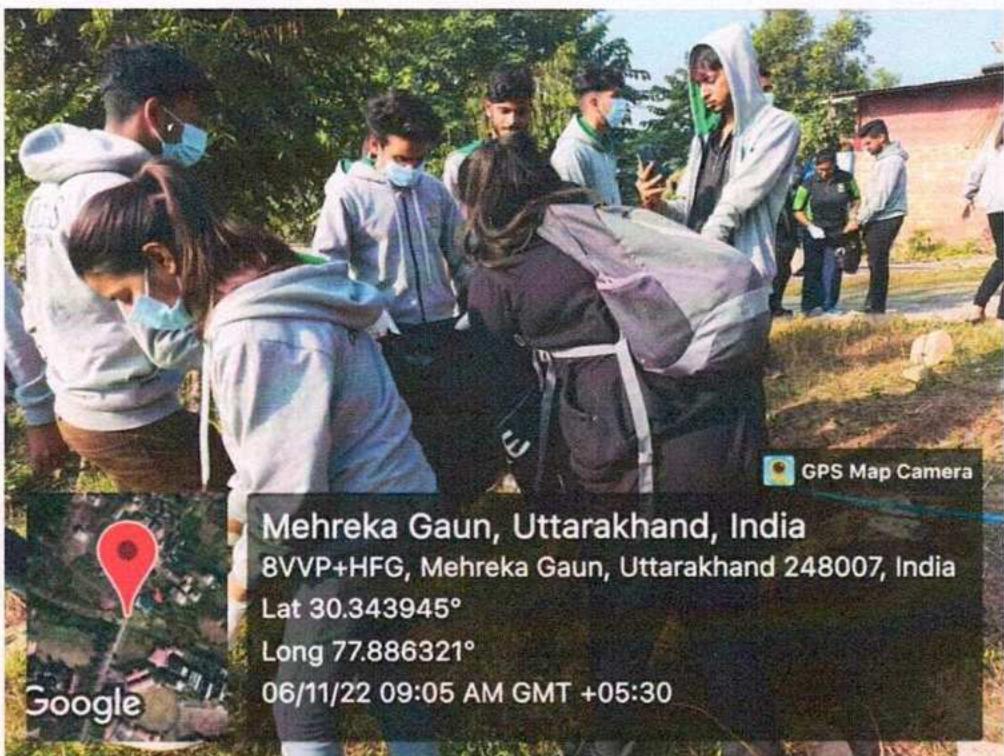


Students participating in cleanliness drive , 06th November 2022



Students participating in cleanliness drive , 06th November 2022

*Divyanshu*  
Director  
Tula's Institute, Dehradun



Students participating in cleanliness drive , 06th November 2022

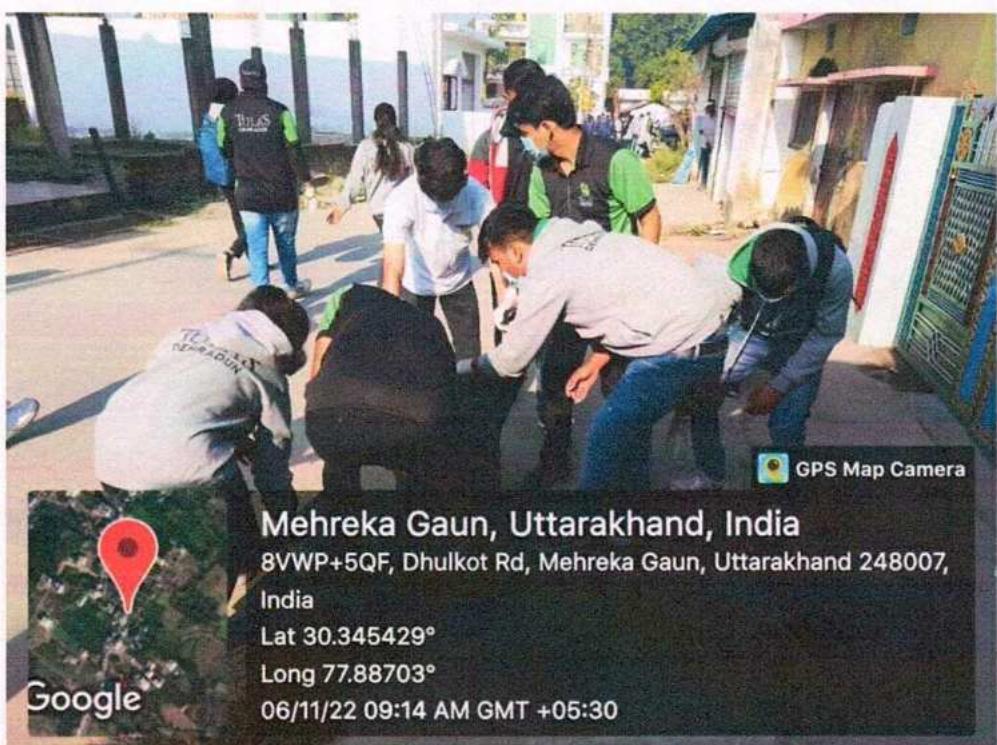


Students participating in cleanliness drive , 06th November 2022

*Divyajay*  
Director  
Tula's Institute, Dehradun



Students participating in cleanliness drive , 06th November 2022



Students participating in cleanliness drive , 06th November 2022

*Dwijay*  
Director  
Tula's Institute, Dehradun



Dhulkot Mafi, Uttarakhand, India

8VXQ+72C, Dhulkot Mafi, Uttarakhand 248007, India

Lat 30.348117°

Long 77.887464°

06/11/22 09:21 AM GMT +05:30

Students participating in cleanliness drive , 06th November 2022

Dr. Dinesh Kumar  
Director  
Tula's Institute, Dehradun

Date: 20th October 2022

## CLOTH DONATION DRIVE



## **CLOTH DONATION DRIVE**

**DATE - 20 OCT 2022**

**VENUE - ISBT DEHRADOON**

**EVENT COORDINATOR**

**SAURAV SANDILYA , SHASWAT SINGH , EKTA YADAV**

*Clothes donation drive at ISBT, Dehradun*

### **Objectives of the event**

The objectives of this activity are to engage staff in a clothing collection drive to support a local charity and to raise awareness of the environmental impact of clothes.

### **Summary Report**

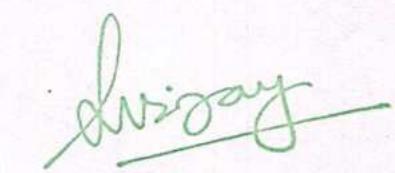
*Venue: Jhajhra, Dehradun*

Tula's Institute, Dehradun – NSS Unit in association with Sri Nityanand Swami Jan Seva Samiti took an initiative and organized a Clothes Collection Drive at Slums of Vill. Banshiwala, Dehradun. The Drive was conducted on 20th October 2022. The purpose of this activity is to provide clothes to the needy and poor people of nearby adopted villages.

*ABHISHEK*  
Director  
**Tula's Institute, Dehradun**

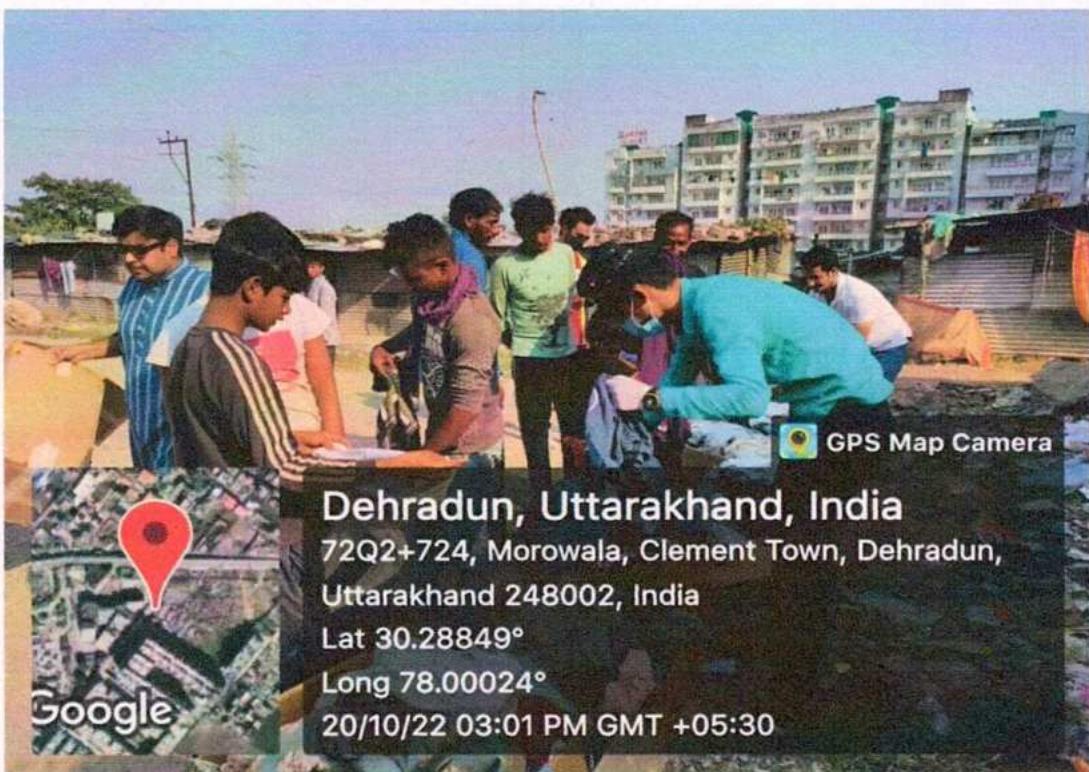
Thus totally 25 volunteers actively participated in this Drive. The students were very enthusiastic about the drive as they were happy after experiencing the cheerful and happy faces of the children of slums. The villagers accepted all the clothes without any grudging which were distributed by NSS Volunteers.

On the whole, the drive was very fruitful for the villagers. As a result, they appeared very much positive and supportive about the programme when they witnessed sympathy and painstaking efforts for slum people. They also thanked and appreciated all the NSS Volunteers and NGO for taking the initiative in these regards and the Concern for the villagers.

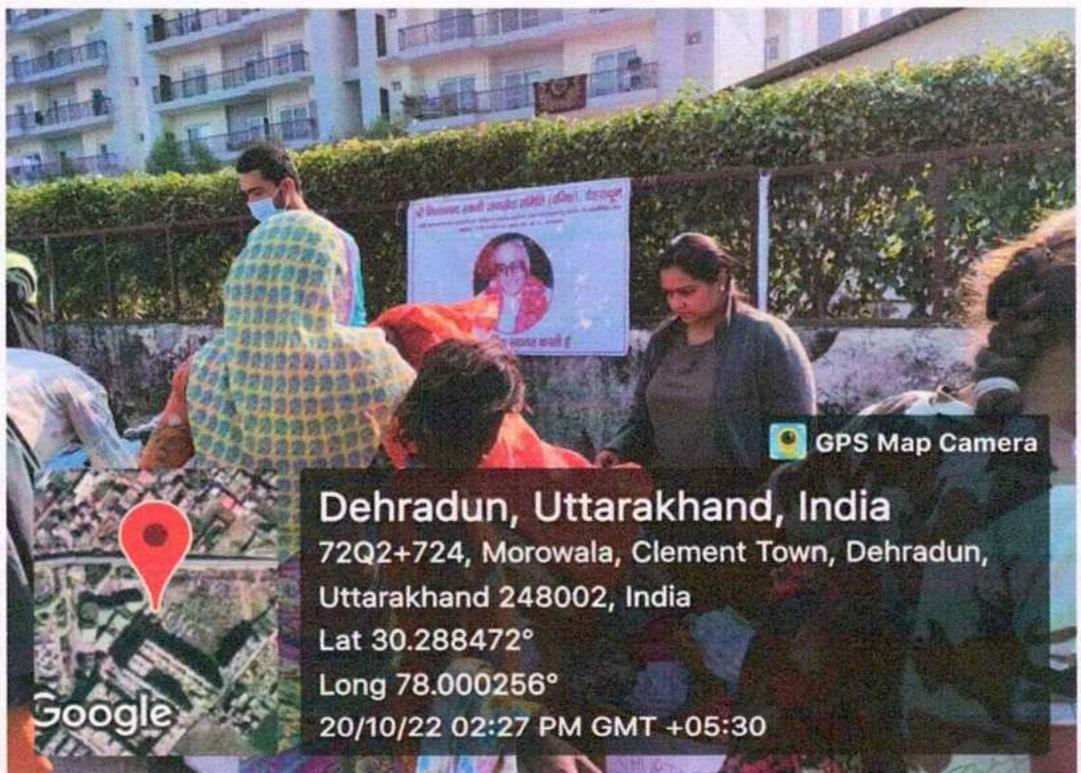


Dr. Jayant K. Srivastava  
Director  
Tula's Institute, Dehradun

GEO TAGGED PHOTOS

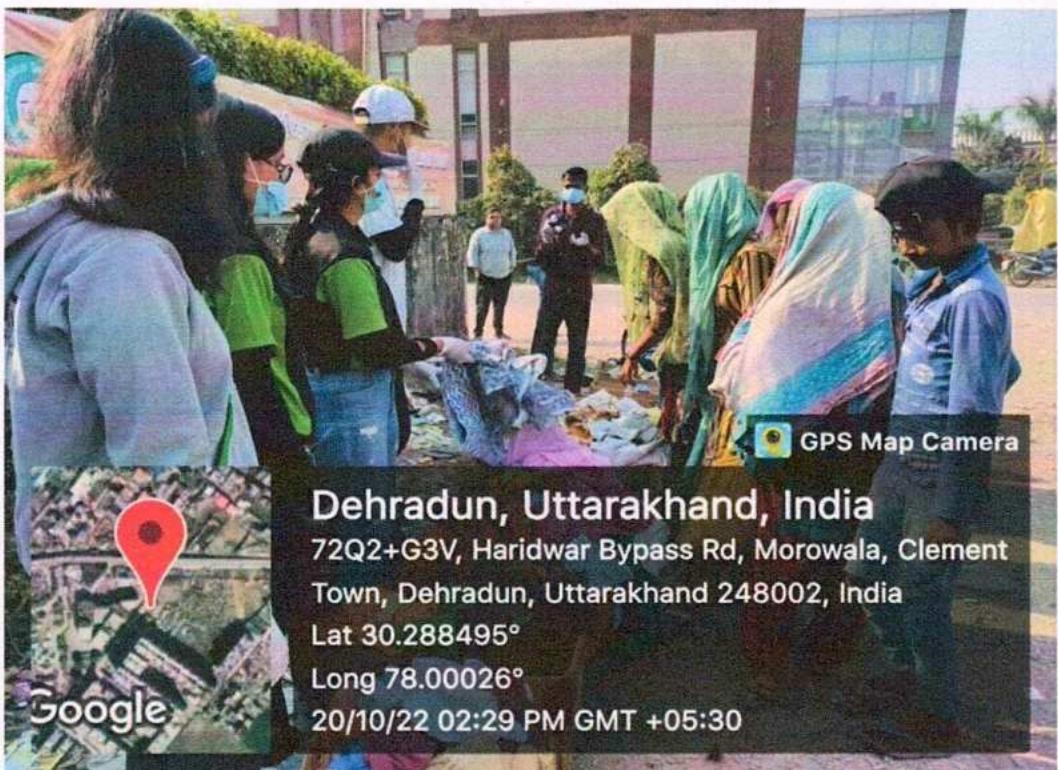


Clothes donation drive at ISBT, Dehradun



Clothes donation drive at ISBT, Dehradun

*SN 500*  
Director  
Tula's Institute, Dehradun



*Clothes donation drive at ISBT, Dehradun*



*Clothes donation drive at ISBT, Dehradun*

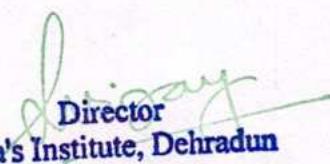
*Swijay*  
Director  
Tula's Institute, Dehradun

### GUEST LECTURE ON CONSTITUTIONALISM

The Department of Journalism & Mass Communication along with the First Principle Collective organized an awareness session on constitution and constitutionalism on Tuesday i.e., 30/08/22. The session was undertaken by Mr. Abhishek Juneja, Founder member of First Principles Collective (FPC). In his addressal, he talked about the historicity, objective, and relevance of the constitution for running a nation-state. Before the beginning of the session Dr. Ramesh Chandra Pathak, Head of the Journalism Department enlightened the gathering about the historical presence of doctrines that governed the societies of the past. Students and faculty members of all departments attended the session. B.R. Ambedkar placed a strong emphasis on the requirement that for the Constitution to continue to be a living, breathing constitution, people must come to believe in the principles outlined in the Preamble. For a democracy like India to first survive and then flourish, it is extremely valuable to use "constitutional morality" as a benchmark for evaluating social and political changes and Tula's Institute focuses on all round development of students and to make them better citizen of this country. The institute sensitizes students about their fundamental rights, duties & values and enables them to evaluate things critically and constitutional educational process leads to right thinking and noble behavior.

**Event Objective- To aware students and faculty members regarding the constitution of India**

Event Details		
S.N	Name	Details
1.	Event Name	Guest Lecture on Constitutionalism
2.	Event Date	30 August 2022
3.	Event Time	10:30 AM Onwards
4.	Event Venue	Auditorium, Tula's Institute
5.	Expert Details	Mr. Abhishek Juneja (Founder Member, First Principles Collective)



Director  
Tula's Institute, Dehradun

Approved by AICTE, Ministry of HRD, Govt. of India • ISO 9001:2015  
Affiliated: X V.M.S.B Uttarakhand Technical University X Sri Dev Suman Uttarakhand University X Uttarakhand Board of Technical Education

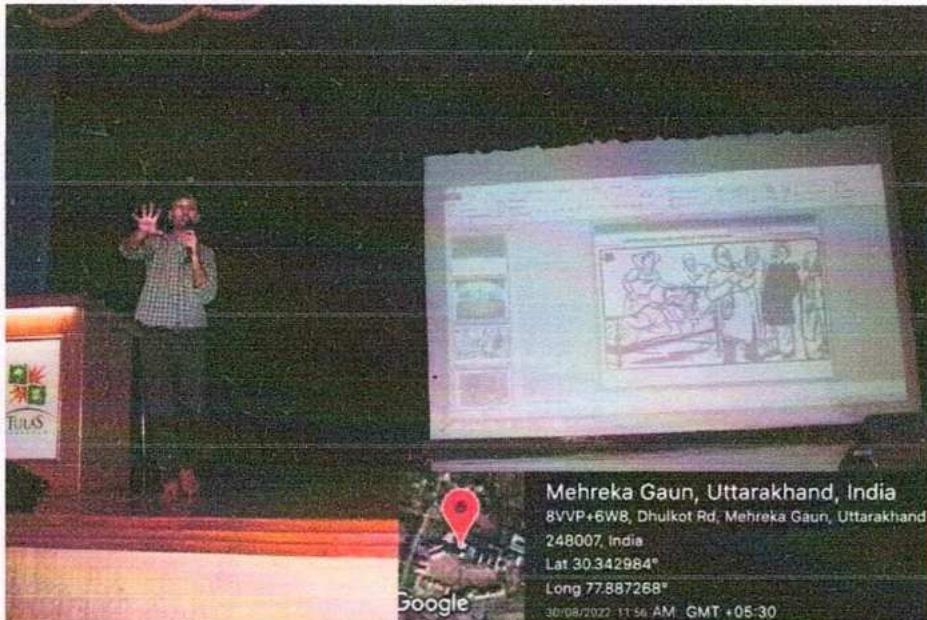


FIGURE 3: GEO TAGGED PHOTOGRAPH OF THE EVENT

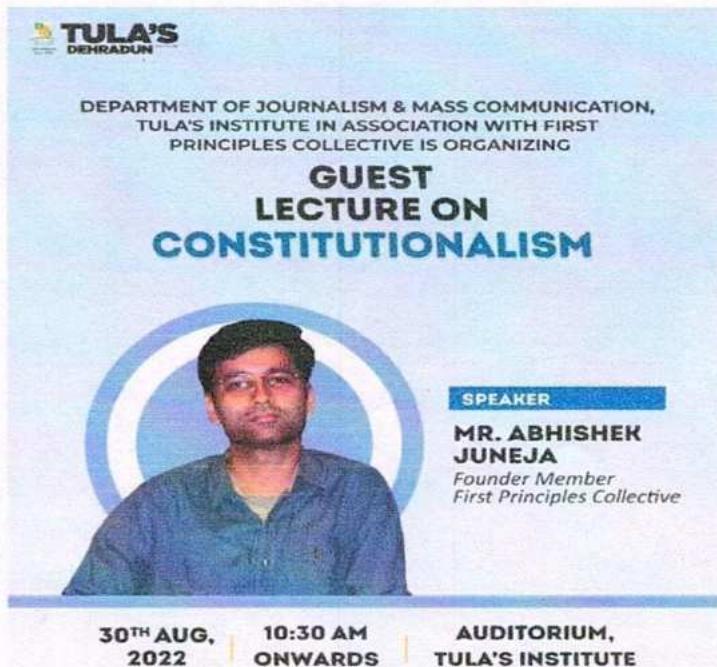


FIGURE 4: EVENT CREATIVE

*Abhishek*  
Director  
Tula's Institute, Dehradun

# **INDUCTION**

# **REPORT**



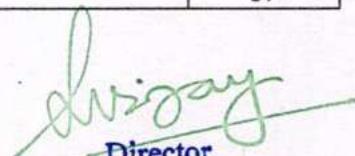
**TULA'S**  
**DEHRADUN**  
**Estd. 2006**

**Session: 2022-23**

(From 5<sup>th</sup> Sept to 24<sup>th</sup> Sept 2022)

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 Director  
 Tula's Institute, Dehradun

**Schedule for Student Induction Programme 2022-23**

Date	Particulars	09:30 a.m. to 10:30 a.m.	10:30 a.m. to 11:30 a.m.	11:30 a.m. to 12:30 p.m.	1:30 p.m. to 02:30 p.m.	02:30 p.m. to 04:00 p.m.
Registration of Students						
05-Sept	Introduction Session	• Settlement of students • Videos of Tula's Institute	• Ice Breaking Session	• 1460 ways of how to live your life	• 1460 ways of how to live your life	• Division of team • Fun Activities
06-Sept	Team A and Team B (Team Building Activity)	• Introduction PPT	• Indoor Activity (Balloon Activity, Puzzle Solving)	• Indoor Activity (Dumb Charades, Relay Painting)	• Outdoor Activates (Tug-of-War)	• Outdoor Activates (Water Relay, Blind Fold Football)
Team C and Team D (Model Making Activity)	• Introduction PPT	• Division of Groups • Start of Model Making	• Model Making	• Model Making	• Display of the Models • Judges Inspection	• Display of the Models • Judges Inspection
Team E (Goal Setting and Responsible Citizen)	• Interactive Session (Goal Setting)	• Classroom Activities (Animal chit game, Name game)	• Classroom Activities (Solve the riddle/KYC, Using tags)	• Ice Breaking session (Hip-hip hurray, sweet distribution)	• Ice Breaking session (Hip-hip hurray, sweet distribution)	• Indoor Activities (Newspaper activity, Discussion and video, Poster Making)
07-Sept, 08 Sept, 09-Sept, 12 Sept, 13 Sept	Team F (Goal Setting and Responsible Citizen)	• Interactive Session (Responsible Citizen)	• Ice Breaking session (Hip-hip hurray, sweet distribution)	• Indoor Activities (Newspaper activity, Discussion and video, Poster Making)	• Interactive Session (Goal Setting)	• Classroom Activities (Animal chit game, Name game, Solve the riddle/KYC, Using tags)
Team G (Wheel of Life)	• Wheel of Life	• Worksheet of wheel of life	• Activity	• Movie Screening		

Date	Particulars	09:30 a.m. to 10:30 a.m.	10:30 a.m. to 11:30 a.m.	11:30 a.m. to 12:30 p.m.	1:30 p.m. to 02:30 p.m.	02:30 p.m. to 04:00 p.m.
	Team H (Wheel of Life)		Movies		• Wheel of Life	• Worksheet of wheel of life
10-Sept		Himalayan Day Celebration and Guest Lecture by the team of experts				
14-Sep	Academic Sessions	• Director	• Dean Academic	• HOD Session to their respective students according to the courses.	• Departmental sessions	
15-Sep				Proficiency Test and Painting Competition		
16-Sep	Tula's got Talent (Audition)	Tula's got Talent (Audition)		Rendezvous Season 5	TGT Finale	
17-Sep		Sports Day				

Important:

- There will be extension activities for all the groups during these time schedules.

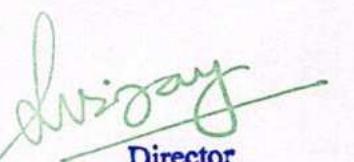
*Abhishek*  
Director  
**Tula's Institute, Dehradun**

## About Tula's Institute



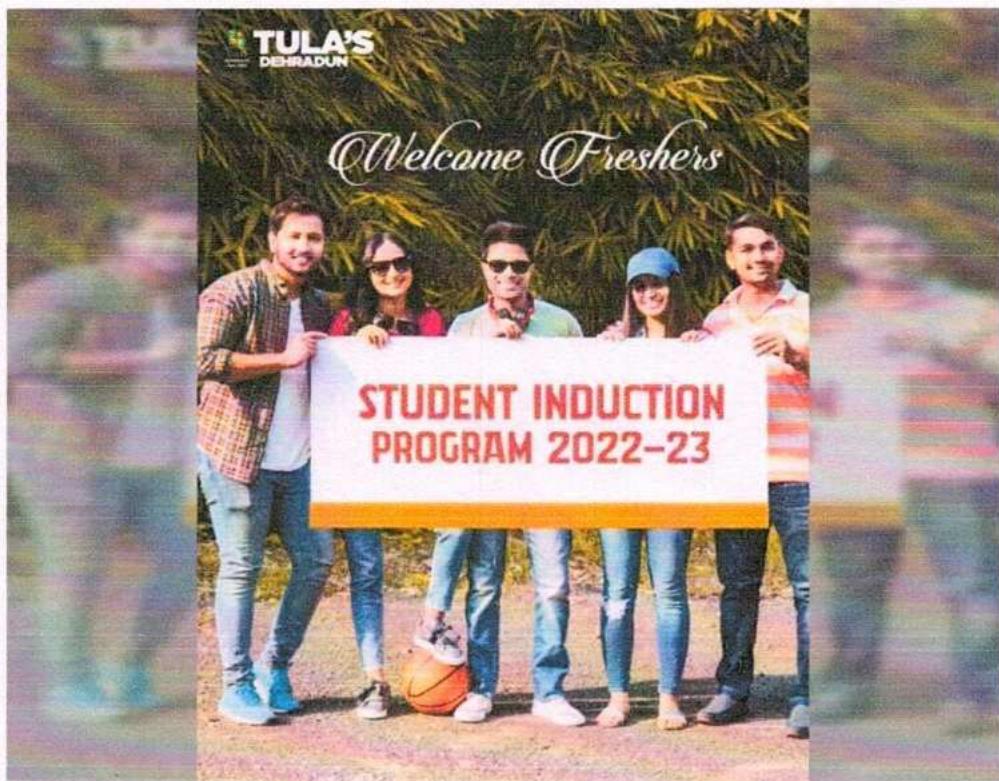
Tula's Institute is dedicated to serving the community by recognizing the diverse needs of individuals. We encourage personal and professional development through respect, appreciation, and a commitment to general education, as a foundation for lifelong learning. Tula's Institute is the Ranked as No. 9 College in North India for:

Tula's Institute believes in providing the best possible facilities to its students. We endeavor to create a congenial atmosphere to nurture talent through the support and guidance of experienced faculty members with access to state-of-the-art infrastructure. The Institute is committed to offering the best possible facilities to ensure quality education for the students. The Institute provides excellent infrastructural and ICT facilities with well-equipped laboratories, a modern computer center, spacious and well-furnished classrooms, seminar hall, library, workshop, and fully airconditioned & spacious auditorium. Tula creates a perfect blend of academicians, researchers, and professionals from both public and private sectors who contribute to the Institute's academic excellence in the state of Uttarakhand.



Dr. Divyanshu Singh  
Director  
Tula's Institute, Dehradun

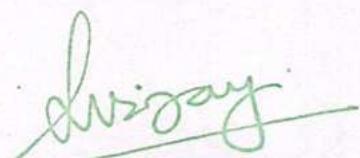
## About Induction Program



Change is inevitable. The transition period is always challenging. As is the transition from pre-university academics to a professional curriculum for students. After the rigorous training and planning required to enroll in a professional college, students deserve time to unwind, form new relationships with fellow students, and become acquainted with their new surroundings. The induction program assists in making first-year students feel at ease by providing opportunities to showcase their talents and interests and shape their character.

An induction program is a forerunner of various on-campus and off-campus activities designed specifically for new students to fill the gap. The Induction Program is a wonderful blend of literary activities, cultural activities, personality development activities, Universal Human Values sessions, sports, and many other activities.

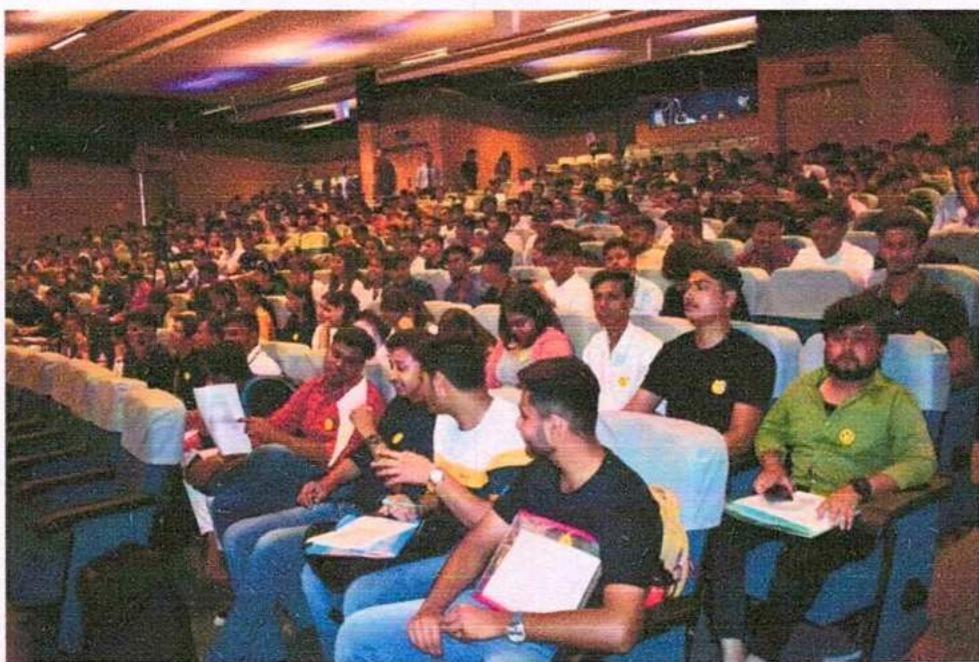
Tula's Institute believes that two main aspects are leading to good education, a supportive, nurturing environment, and exposure to growing technological innovations thus conducting a 21 days induction program for the newly admitted students.



Dr. Divyanshu Singh  
Director  
Tula's Institute, Dehradun

## Day 1

### Registration and Inauguration



**The induction program** started on 5<sup>th</sup> September 2022 with the registration of newly admitted students. Nearly 500 students reported on day one of the induction program. As the student intake was high in number, the committee had developed a consensus to split the mass of students into Ten groups. Students participated in the registration and reporting procedure with enthusiasm. The induction team extended their active assistance to entrants to complete the registration process smoothly. During the process, the personnel attended to the queries of students successfully. As per the directives of the AICTE, handouts containing an overview of the program, the schedule of the entire Induction program, and welcome kits were distributed to the entrants during the registration process.



  
Director  
**Tula's Institute, Dehradun**



Nikhil Bhardwaj, Personality development trainer guiding the students about the induction program.

*brijay*  
Director  
Tula's Institute, Dehradun

## DAY 2

# TEAM BUILDING AND LEADERSHIP

### Objectives of Team Building and Leadership Activities

- 1) Working in a team, inculcating the values within the students for the team.
- 2) It is always about WE and US, not I or ME.
- 3) Assisting the member when things are not going your way.
- 4) Being supportive and helpful
- 5) Working for a common objective.
- 6) Attainment of TEAM goals.

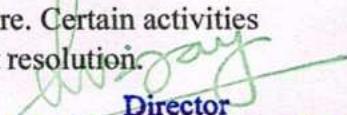
The Team building activities for the students were planned on the first day of the Induction program starting with the classroom activities for all the students in their respective classes.

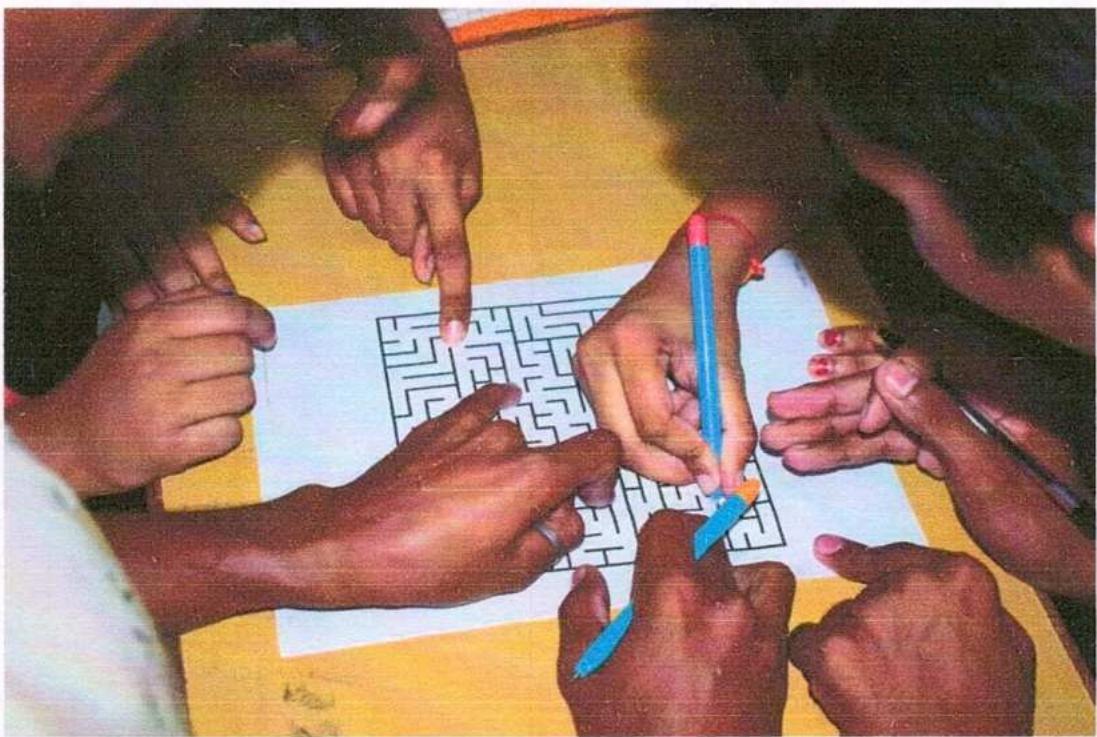
The students started the session by playing a few games at the beginning which was fun for them and entertaining. The activities were planned with a time limit. Some of the activities planned were Ice-breaking activities like balloon activity, Relay Painting, Dumb Charades, and Puzzle Solving. These activities were planned as indoor activities. All of the activities planned for students will aid in team bonding and will improve workplace projects that require teamwork.



Balloon activity done by students to learn the coordination

Students gain a better understanding of each other's strengths, weaknesses, and interests after participating in team-building activities together. This understanding allows them to work even more effectively together in the future. Certain activities can be designed to improve group communication and conflict resolution.

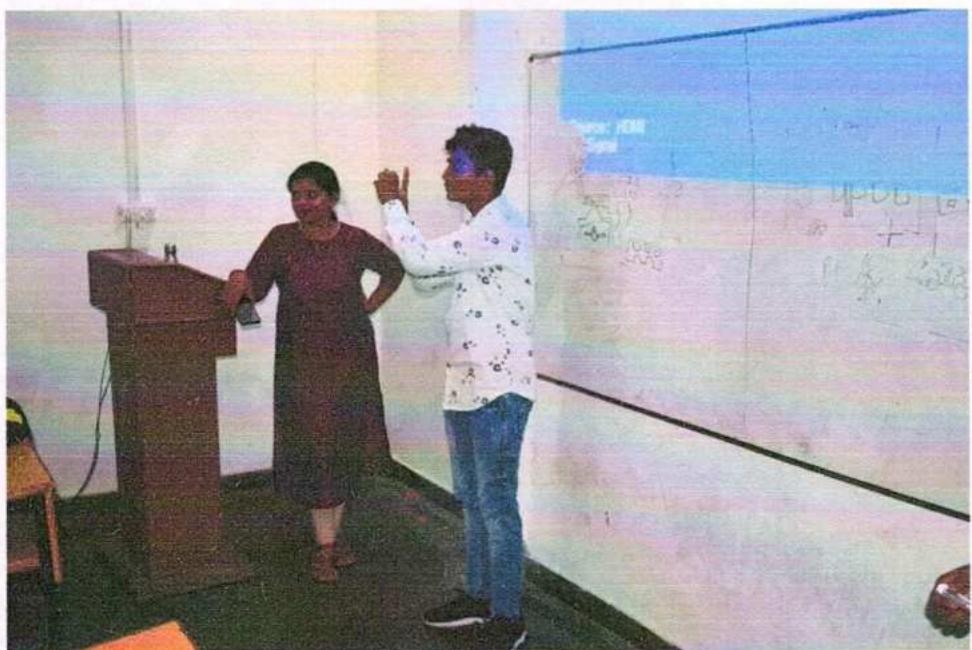
  
Director  
**Tula's Institute, Dehradun**



*Students playing the puzzle-solving game*

Collaboration within a group can aid in the resolution of difficult problems. Brainstorming is an excellent way for the team to exchange ideas and come up with innovative solutions. Teams can find the best solutions by working together.





*Dumb charades activities*

After the completion of team building activities, the students were taken for the outdoor activities where they played various games such as Water-Relay, Tug-o-War, and Blind football.



*Students showing their skills during Tug-o-War*

The motive for such games was to make a bond between the students and team them how to work on the ground and how to coordinate with each other.

  
Dr. D. S. Tuli  
Director  
**Tula's Institute, Dehradun**



*Water Relay as a part of team building and leadership activities*

### **The outcome of Team Building and Leadership Activity**

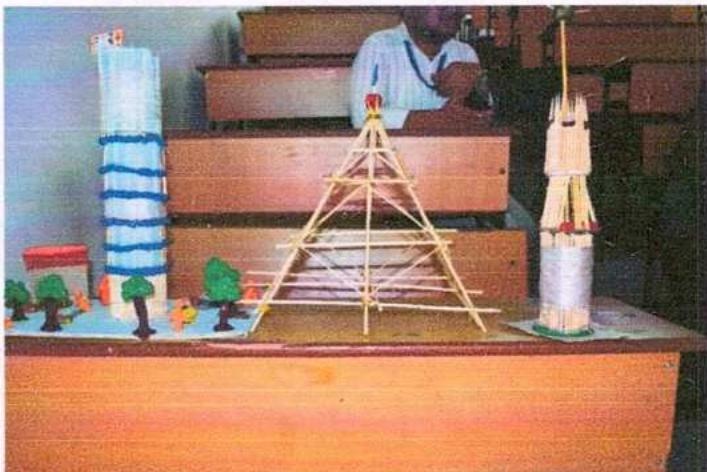


*drisay*  
Director  
Tula's Institute, Dehradun

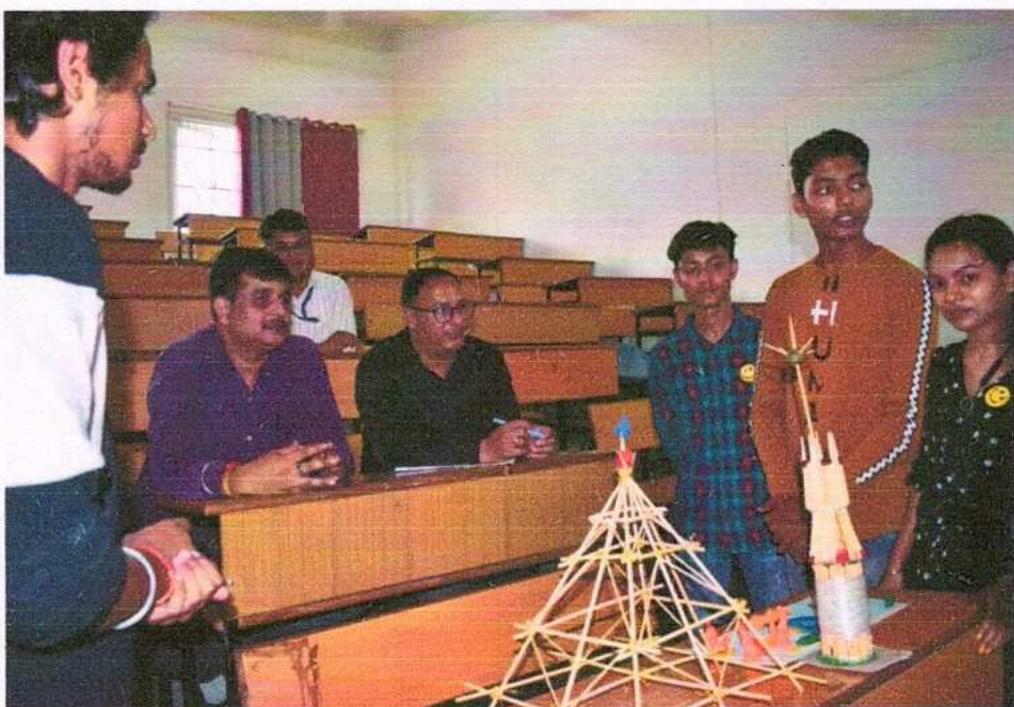
**DAY 3**  
**Model Making Competition**



As part of the student induction program, the Model Making activity was organized on the 3<sup>rd</sup> day. The particular activity is organized to encourage students to brainstorm and come up with their own ideas for new models. These activities build confidence among the students and develop critical thinking skills in them. These events are a fun-filled activity-based learning time for these students. It expands their ability to think and design their own easy-to-use affordable models out of basic raw materials like popsicle sticks, bamboo sticks, crafting wire, and thermacol sheets. The students were given the task to make models such as tower making, bridge making, house making.

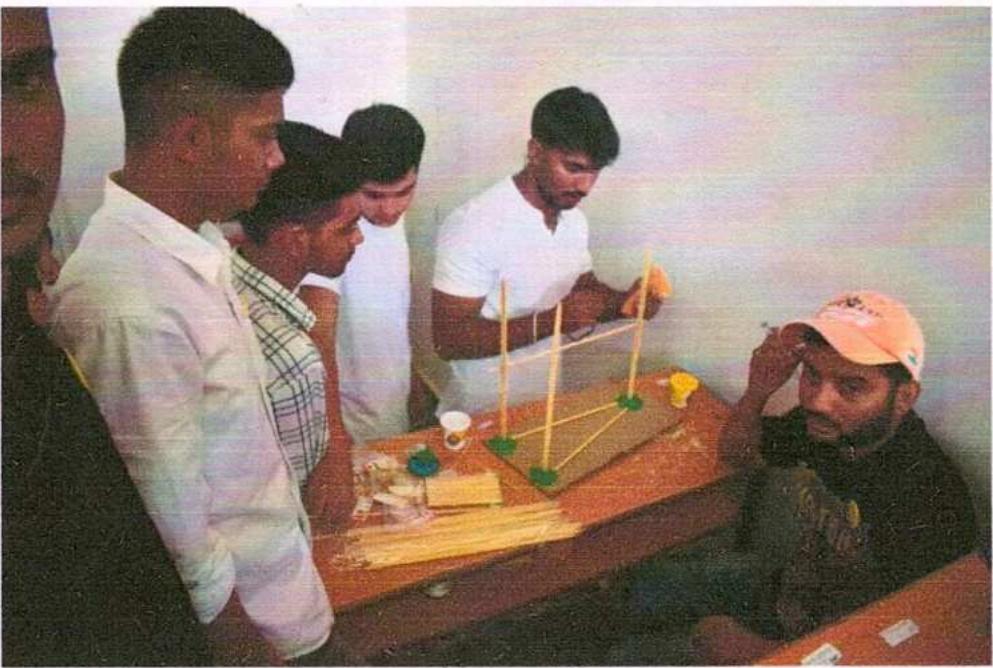


*Divyajyoti*  
Director  
Tula's Institute, Dehradun

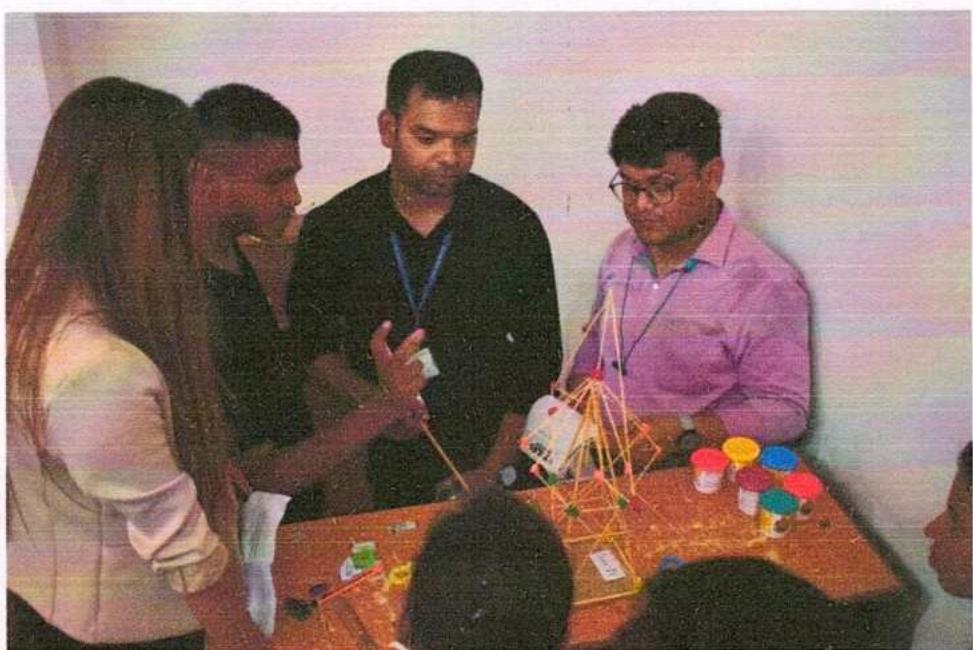


The aim of the induction program is to help students who come from diverse backgrounds to adjust to the new environment and inculcate in them the ethos of skills and human values. This competition was conducted in order to engage students to show their creativity and also to give wings to their imagination and thoughts. The competition was all about the enhancement of the students.

*[Signature]*  
Director  
**Tula's Institute, Dehradun**

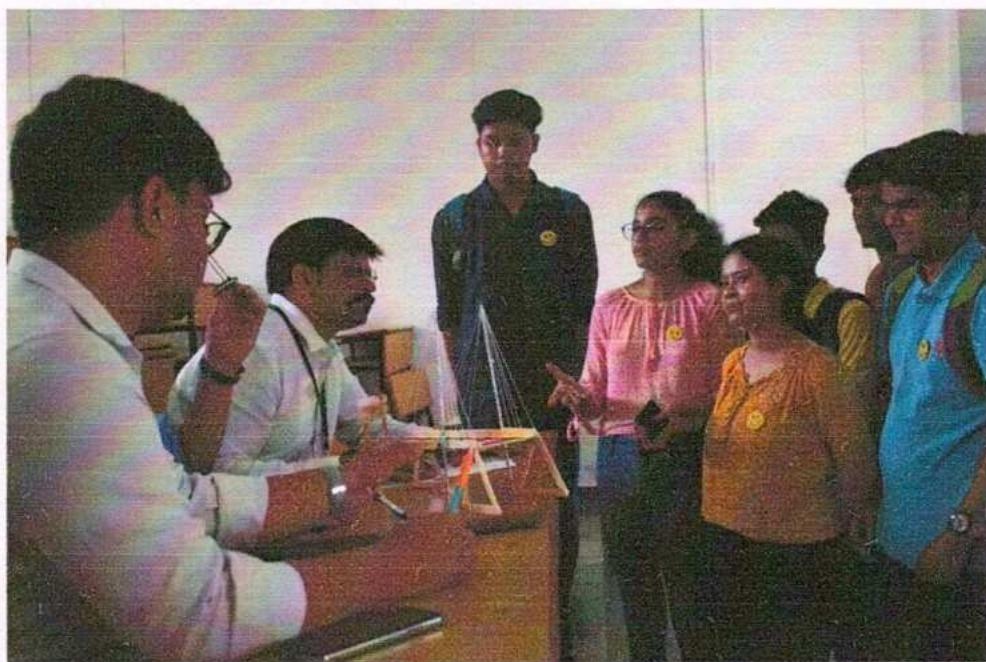


This activity was designed as a group fun activity where 10-15 members of students worked together to achieve a common goal and respective objective under different teams as A, B, C, D, E, F, G, H,& I.

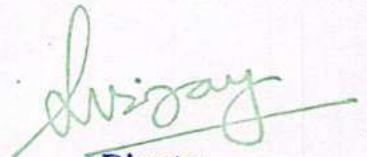


Model Making activity was organized to provide the students with the problem statement and raw materials. The aim is to check the understanding and concept clarity of the students through a 360-degree knowledge test, where they have to conceptualize ideas, design, get involved in resource management and exhibit the models. In a time-bound event, the students compete to develop models which are evaluated on the basis of functionality, usability, and stability. The

presentation of the models made by the students is also judged and evaluated. These events develop critical thinking skills in the students, by providing them with a fun-filled activity-based learning time.



Before the start of the activity, students were briefed about the bridges and tower their different functions and applications, and also shown various types of bridges and structures through the help of a Powerpoint presentation. They were also briefed about the process to create such models by using materials like Bamboo sticks, Thermopolis Sheets, Popsicle sticks, etc provided on different days. The theme assigned to the students was based on Rural and Urban cities.



Dr. Jayant Singh  
Director  
Tula's Institute, Dehradun

## Day 4

### Ice Breaking and Team Building Activities

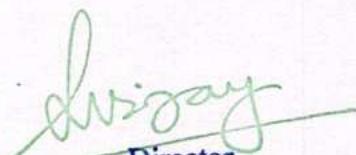
The Tulas Institute's induction program prioritized fostering a sense of community among its incoming first-year students. To achieve this, they implemented several engaging activities. One such activity was a variation of the classic "Two Truths and a Lie." Students took turns sharing three statements about themselves, two of which were true and one a creative fabrication. The group then tried to guess the lie, sparking laughter and conversation as students revealed unexpected details about themselves. Another activity that got students moving was a "Find Someone Who" scavenger hunt.

A list of prompts was prepared, each requiring students to find someone who matched the description, such as "Find someone who speaks three languages" or "Find someone who has the same hometown as you." This encouraged students to mingle, discover shared interests, and build connections. Finally, the Tulas Institute incorporated a collaborative art project. Students were divided into small groups and provided with art supplies. Each group created a mural or piece of art that represented their hopes and dreams for their time at the institute.

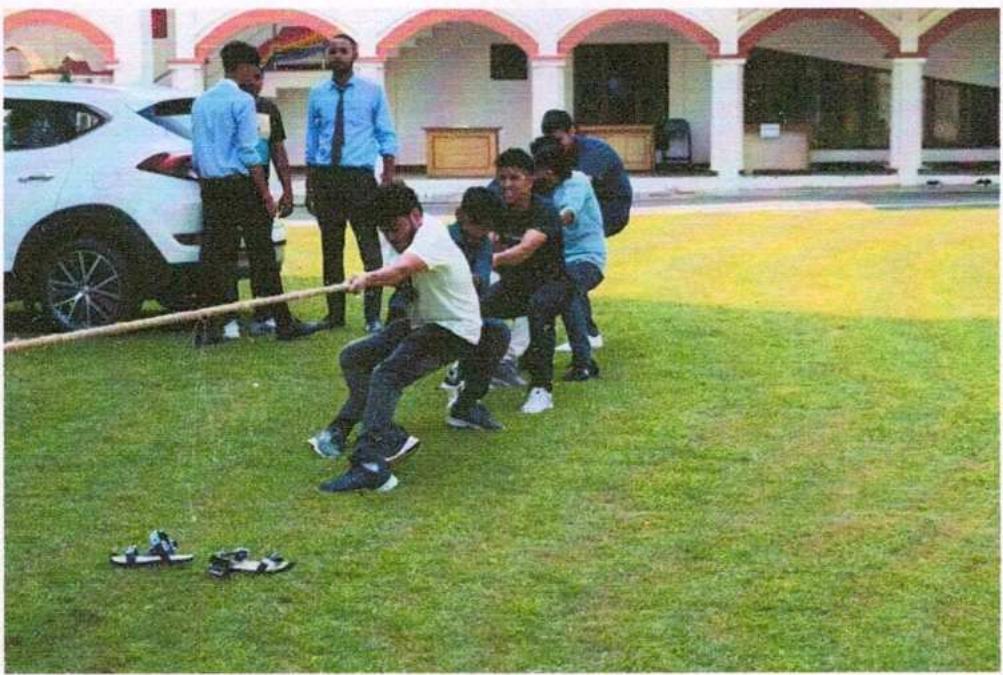
This activity fostered teamwork, creativity, and a sense of belonging as students contributed to a shared project that will be displayed in the institute.

### Objectives

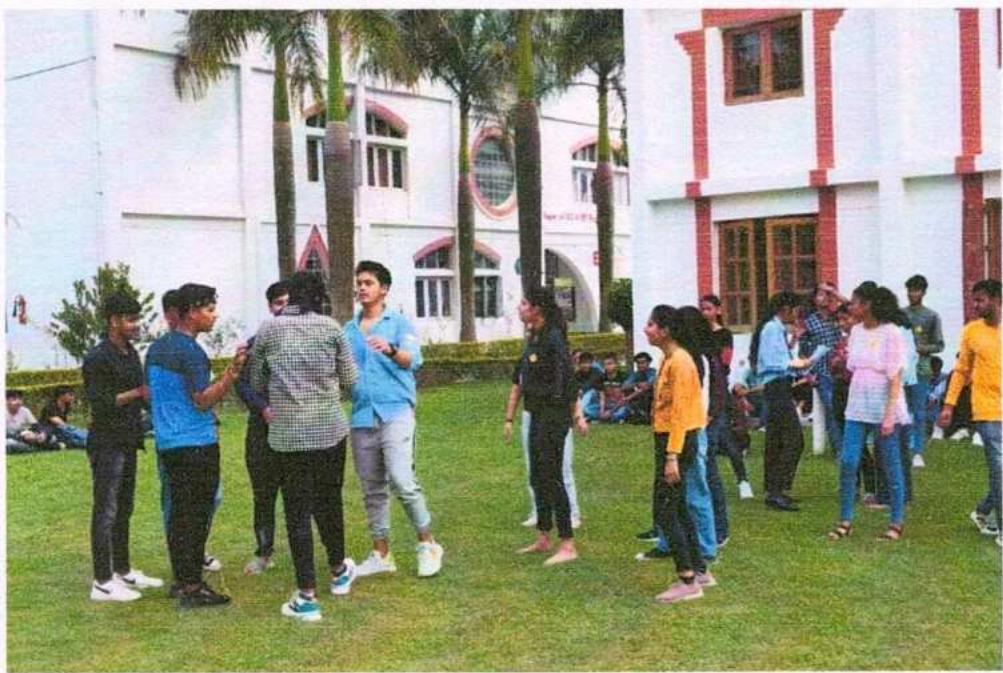
- Break the ice & build connections.
- Discover shared interests & spark friendships.
- Encourage teamwork & creative expression.



Dr. Divyanshu  
Director  
Tula's Institute, Dehradun



Students participating in the tug-of-War challenge

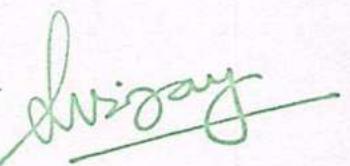


Ice Breaking activites

*Shivay*  
Director  
Tula's Institute, Dehradun



Ice Breaking activities

A handwritten signature in black ink, which appears to read "Dr. Jayant K. Srivastava". The signature is fluid and cursive, with a horizontal line through it.

Director  
Tula's Institute, Dehradun

## Day 5

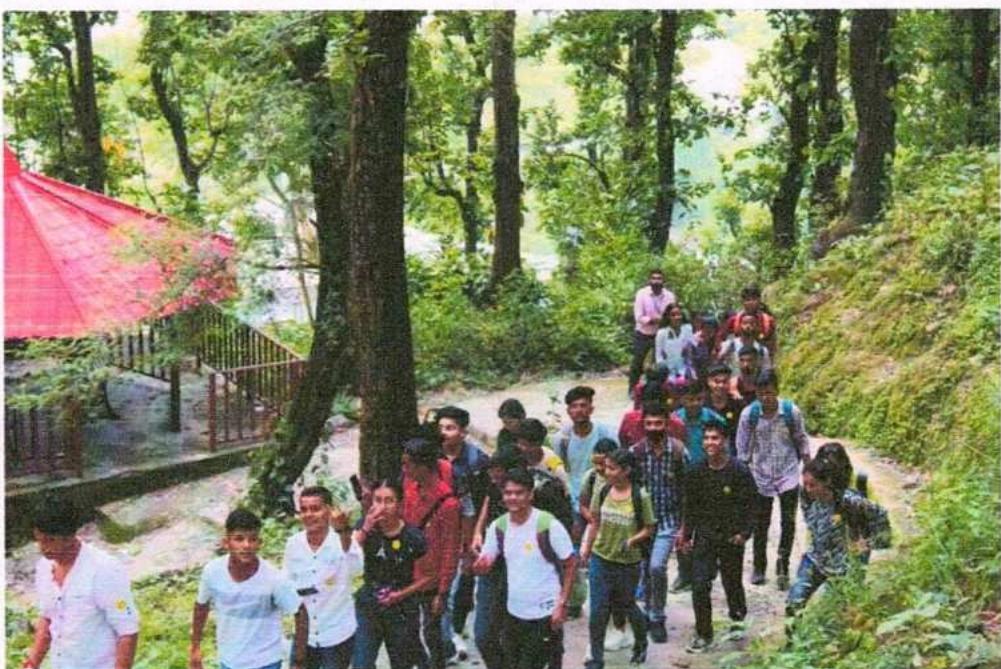
### Santala Devi Trek with a Cleanliness Drive: A Rewarding Challenge

The Santala Devi trek, nestled in the Garhwal Himalayas, culminated in a unique opportunity to combine physical challenge with environmental responsibility. This trek led participants to the sacred Santala Devi temple, rewarding them with breathtaking views and a sense of spiritual connection. However, the program extended beyond the traditional trek. It incorporated a vital cleanliness drive, aiming to leave the mountain trails pristine for future generations.

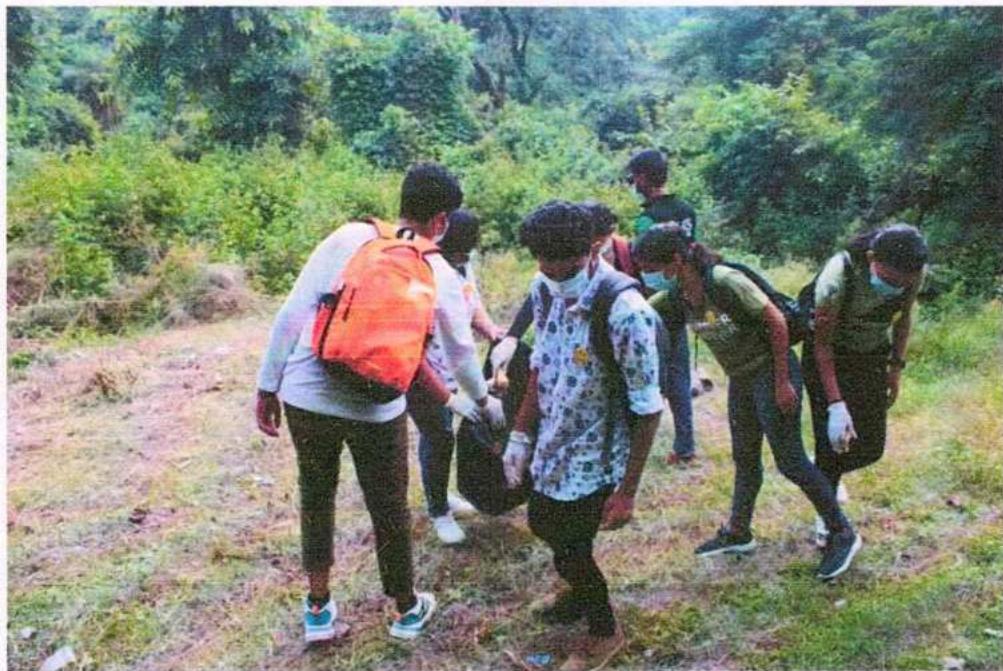
Participants engaged in collecting waste along the designated route, promoting eco-consciousness and minimizing the environmental impact of their journey. This initiative fostered a sense of responsibility towards the natural environment and educated participants on the importance of sustainable travel practices. By combining the trek with a cleanup effort, the program fostered a deeper appreciation for the beauty of the Himalayas while ensuring its preservation.

#### Objectives

- Promote Adventure and Physical Well-being
- Foster Environmental Responsibility
- Combine Spiritual Connection with Environmental Action



Trekking and cleanliness drive at the way to Sanatala Devi Trek, D.Dun



Cleanliness Drive by the 1<sup>st</sup> year students



Trekking and cleanliness drive by the students during Induction

Dr. Avijay  
Director  
Tula's Institute, Dehradun

## Day 6

### Unveiling Your Compass: The Wheel of Life Activity

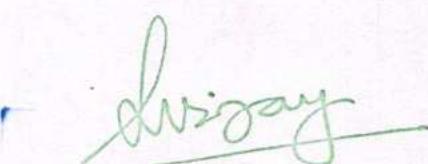
The Tulas Institute's induction program delved deeper into self-discovery through the "Wheel of Life" activity. This introspective exercise provided students with a visual tool to assess their current level of satisfaction in various key life domains. Imagine a wheel divided into sections, each representing an important area like career, health, relationships, finances, personal growth, and fun. Students then evaluated their satisfaction in each domain on a scale, typically from very dissatisfied to very satisfied.

By plotting these scores on the wheel, a clear visualization emerged, highlighting areas that flourished and those that might have required more attention. This self-reflection allowed students to identify personal priorities and set goals for a more balanced and fulfilling life. Perhaps a student scored low on "fun and recreation," prompting them to consider joining a club or exploring new hobbies. The Wheel of Life empowered students to take ownership of their well-being and chart a course for a future aligned with their values.

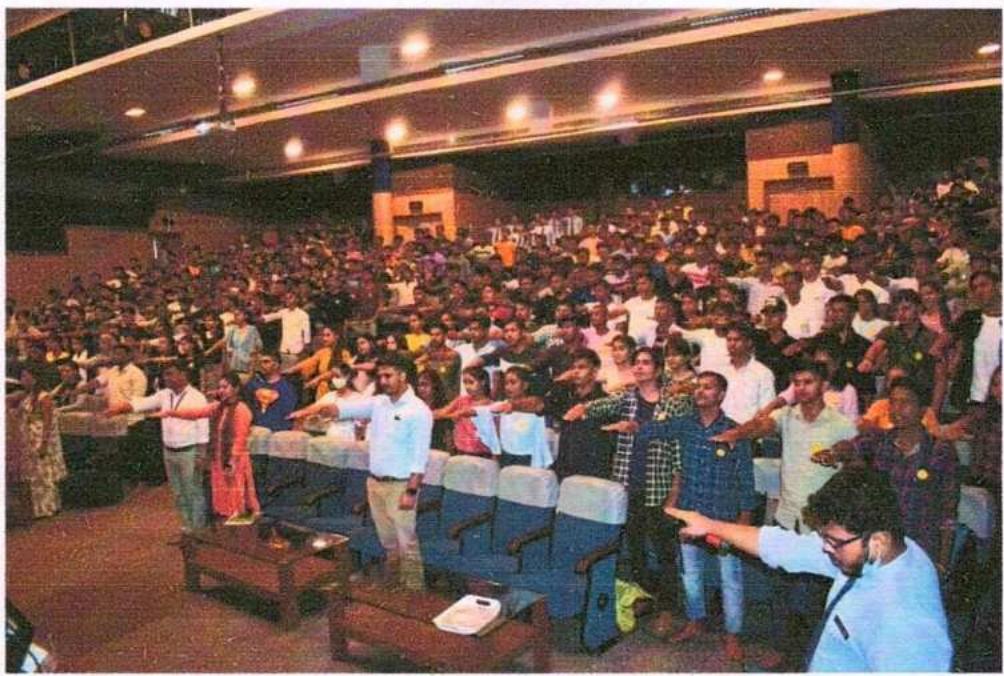
This activity went beyond mere self-assessment. After completing the individual wheel, students engaged in group discussions, sharing their insights and offering support to their peers. This fostered a sense of community and allowed students to learn from each other's experiences, creating a supportive network as they embarked on their academic journey.

### Objectives

- Assess satisfaction in key life areas (career, health, relationships, etc.).
- Identify personal priorities and set goals for a more balanced life.
- Foster a supportive community through shared self-reflection.



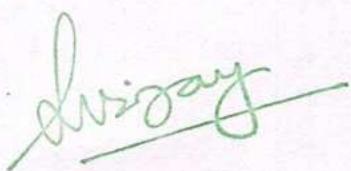
Dr. S. K. Srivastava  
Director  
Tula's Institute, Dehradun



Students taking pledge

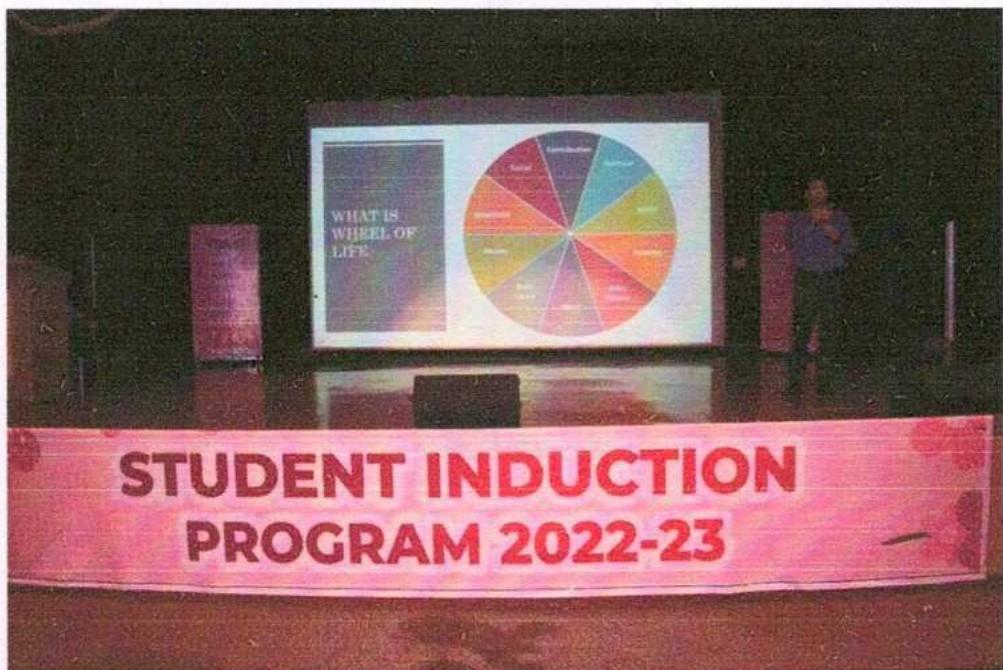


Students listening to the lectures



A handwritten signature in green ink, appearing to read "Swami" followed by a surname.

Director  
Tula's Institute, Dehradun



Presentation about the wheel of life



Students and faculties taking pledge

*divyaj*  
Director  
Tula's Institute, Dehradun

## Day 7

### Unleashing Creativity: The Tulas Institute Painting Competition

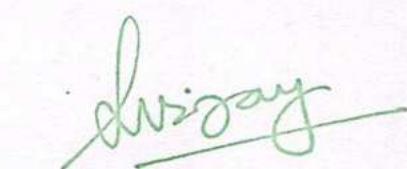
The Tulas Institute induction program culminated in a vibrant "Painting Competition," where first-year students expressed themselves artistically. This activity provided a platform for students to showcase their creativity and explore various artistic mediums. Whether seasoned painters or complete novices, the competition encouraged all participants to embrace the joy of artistic expression.

The competition could be structured in a few ways. The theme could be open-ended, granting students complete creative freedom, or it could be centered on a specific topic relevant to their new student experience, like "First Impressions of Tulas Institute" or "Hopes and Dreams for the Future." This flexibility catered to diverse artistic styles and allowed students to connect the theme to their own experiences.

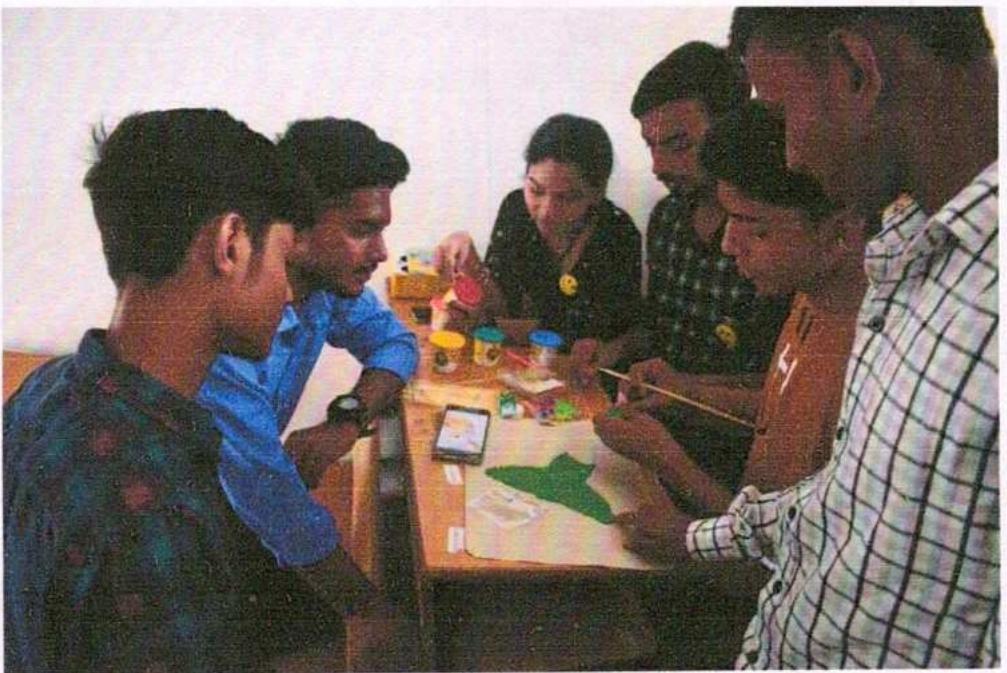
This past induction program's painting competition fostered a sense of community and celebrated the unique talents of each student. Friendly competition created a lively atmosphere, while an exhibition of the completed works allowed participants to admire each other's creations and celebrate the collective artistic spirit of the incoming year.

### Objectives

- Showcase creativity and explore artistic mediums in a welcoming environment.
- Express individual perspectives through a chosen theme (open-ended or specific).
- Foster community spirit and celebrate diverse artistic talents through friendly competition and exhibition.



Dr. S. K. Srivastava  
Director  
Tula's Institute, Dehradun



Students doing painting



Students doing painting

*Divyajay*  
Director  
Tula's Institute, Dehradun

## Day 8

### Motivational session and career guidance

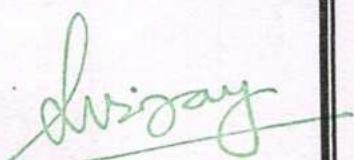
The Tulas Institute's induction program concluded with a powerful one-two punch: a motivational session followed by career guidance. This final act served as a springboard, igniting a fire of enthusiasm and purpose within the incoming students. An inspiring speaker, perhaps a successful alumnus or a renowned figure, would have shared their personal journey, detailing their experience overcoming challenges and achieving their dreams. This session aimed to instill a growth mindset, encouraging students to view obstacles as opportunities for learning and development.

Following the motivational session, the program transitioned to career guidance. Here, students gained valuable insights into navigating the professional landscape. Experts likely conducted workshops on resume writing, interview skills, or exploring potential career paths aligned with their academic interests. This practical advice equipped students with the tools and knowledge they needed to chart their course towards future success.

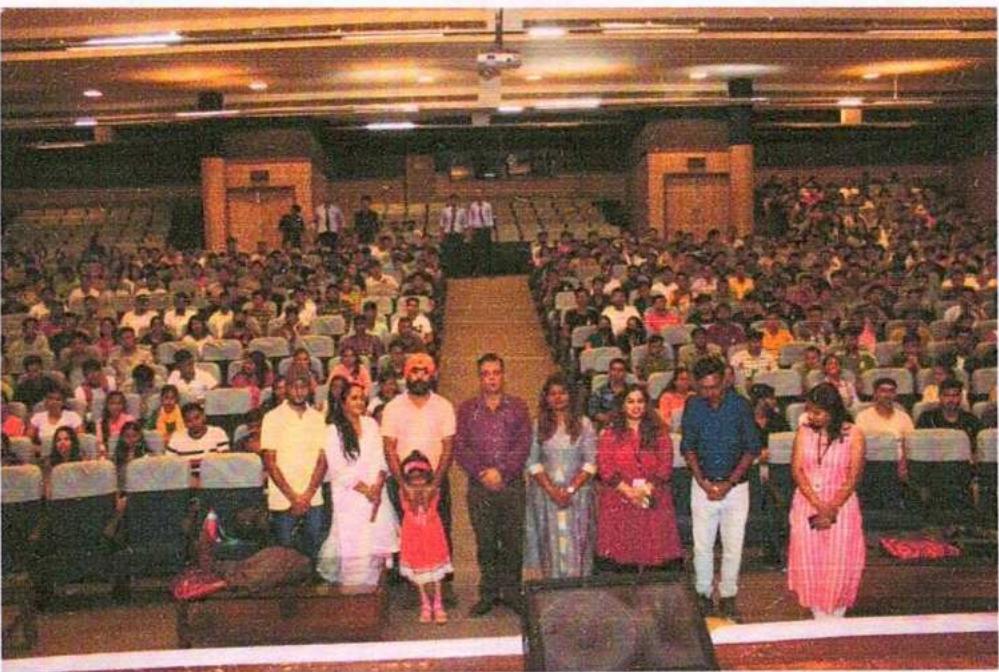
By combining motivation with practical guidance, the Tulas Institute empowered their new students to not only dream big but also develop the necessary skills and strategies to translate those dreams into reality. This holistic approach set them on a path towards a fulfilling academic journey and a rewarding career.

### Objectives

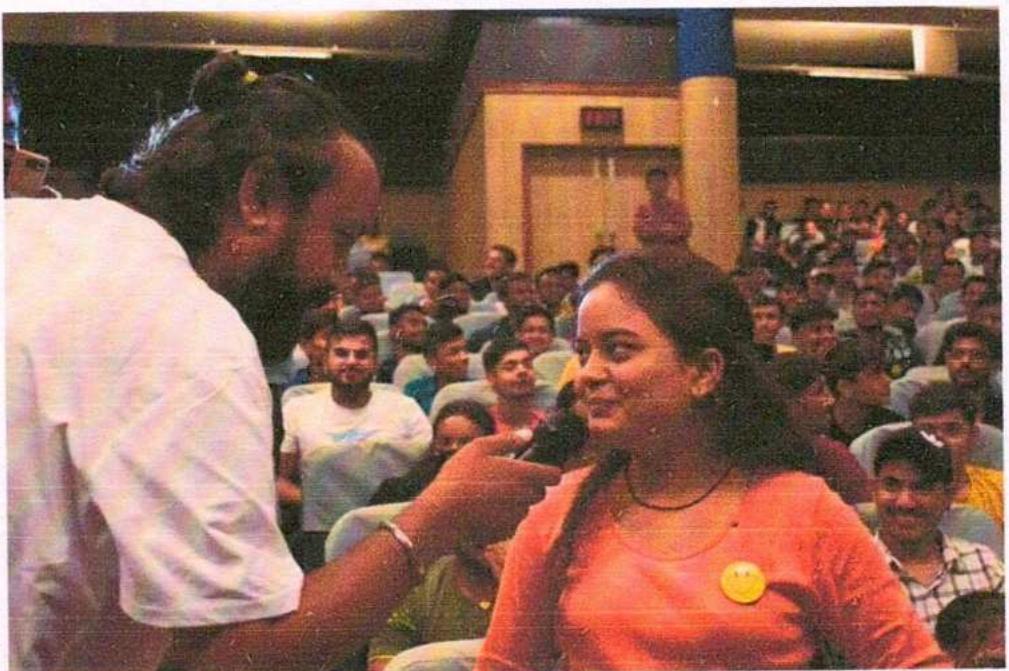
- Ignite passion and a growth mindset through inspiring talks.
- Equip students with practical skills for career exploration and success.
- Empower students to bridge the gap between dreams and reality.



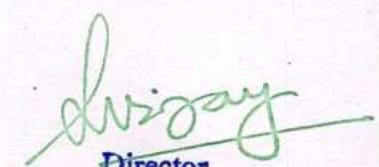
Dr. Jayant Patel  
Director  
Tula's Institute, Dehradun



The guest and the management of Tula's clicked group photographs

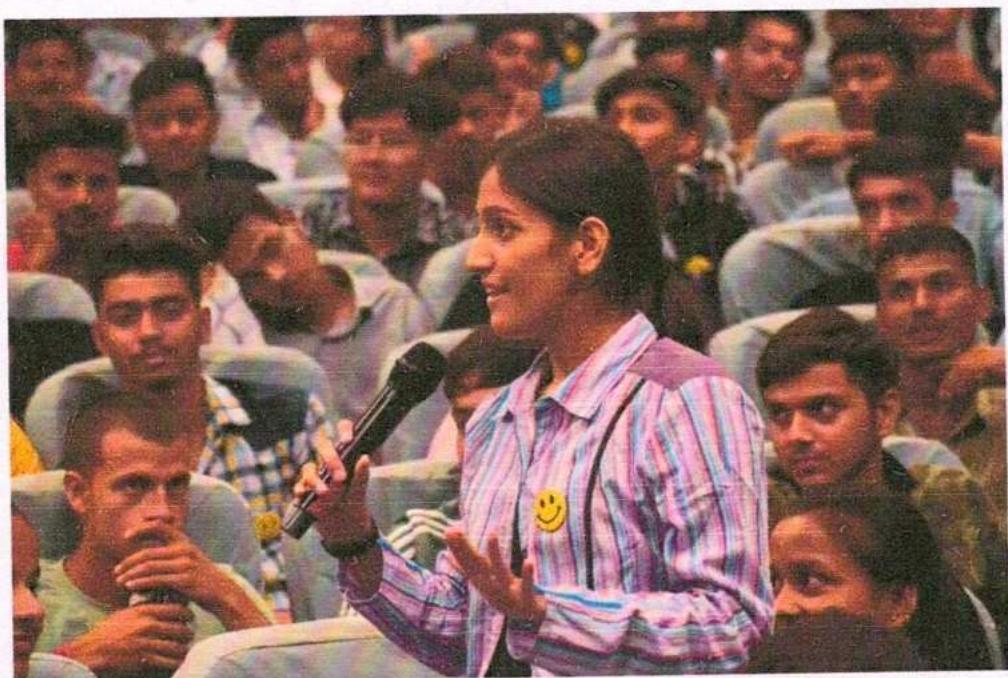


Student interaction during the session

  
Dr. Divya  
Director  
Tula's Institute, Dehradun



Group photograph after the event



Student asking the query

*Divyay*  
- Director  
Tula's Institute, Dehradun

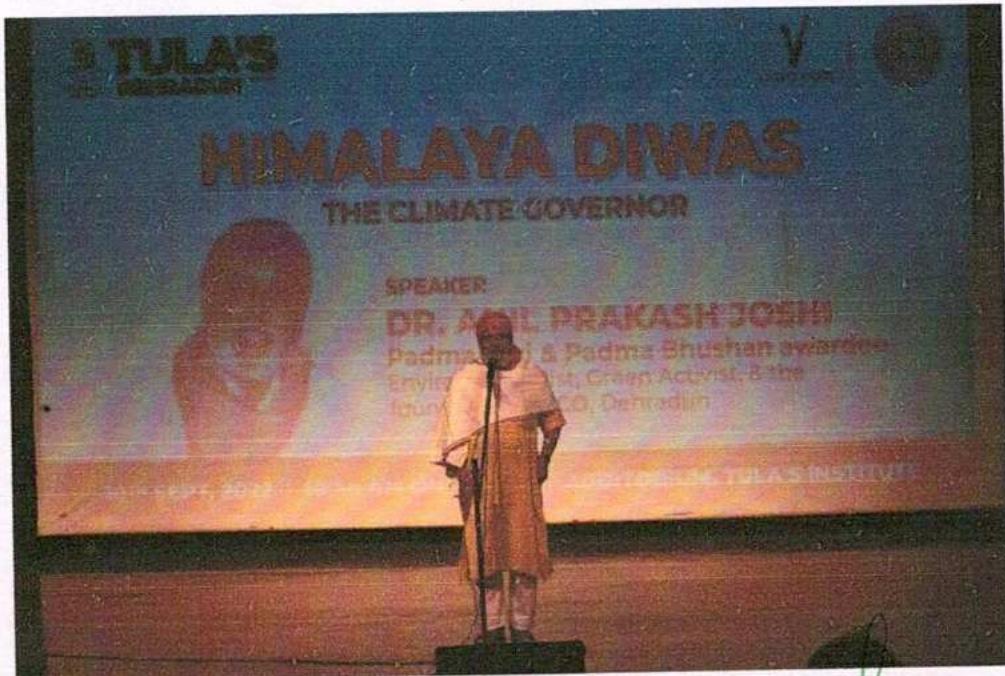
## Day 9

### Himalayan Day Celebration

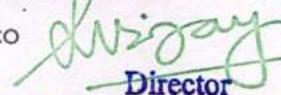
The excitement from yesterday's painting competition likely carried over as the next day marked a special occasion - Himalayan Day, celebrated on September 9th, 2022. This national event served as a timely reminder of the immense importance of the Himalayas. The Institute most likely organized activities focused on environmental awareness and appreciation for this majestic mountain range. These activities could have included a documentary screening, a guest lecture by an environmental expert, or even a tree-planting initiative. Participating in these activities allowed students to not only celebrate the Himalayas but also become responsible stewards of this vital ecosystem.

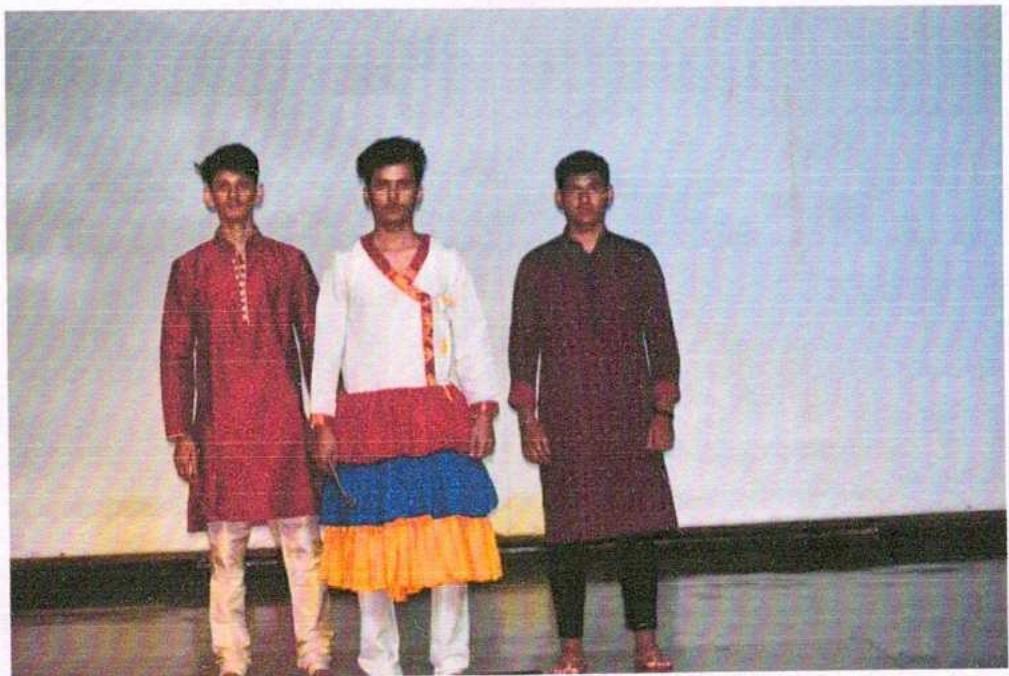
### Objectives

- Celebrate Himalayan Day & raise awareness of its significance.
- Engage students in environmental activities & foster appreciation for the Himalayas.
- Promote responsible stewardship towards this vital ecosystem.



Dr Anil Prakash Joshi, the founder of Hasco

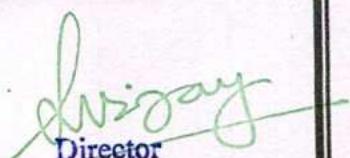
  
Director  
Tula's Institute, Dehradun

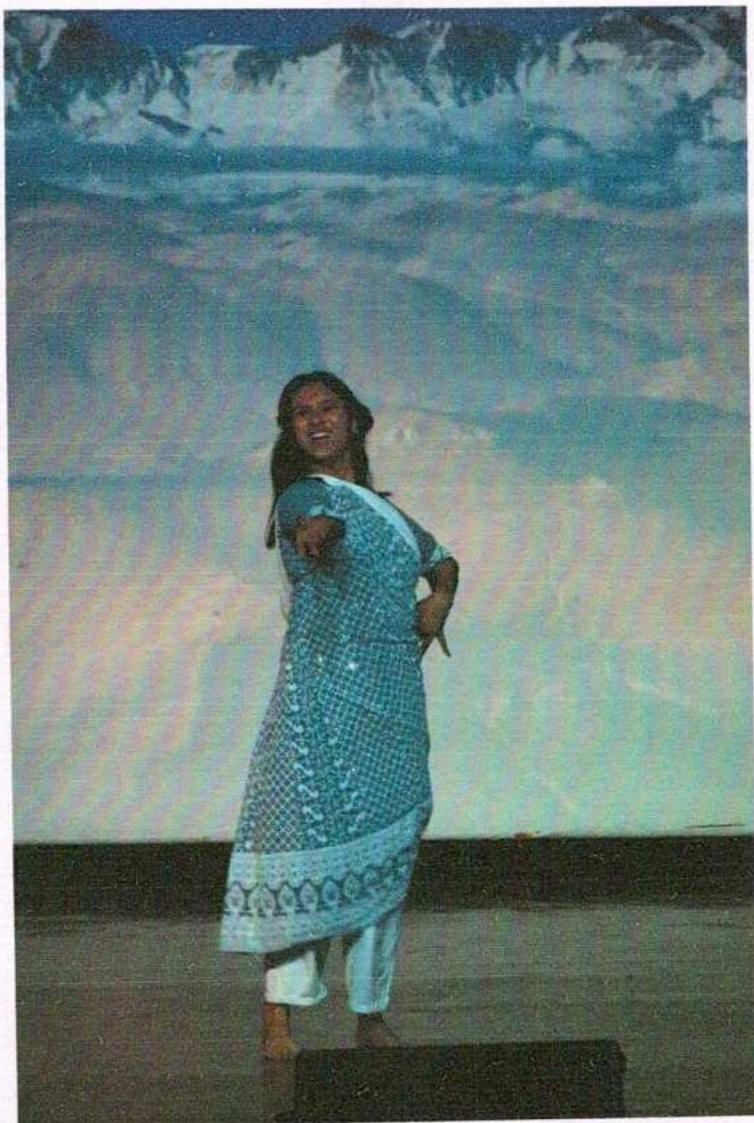


Students showing the culture of Uttarakhand and other states



Students showing Pahadi dance

  
Anil Jayaram  
Director  
Tula's Institute, Dehradun



Dance performance by first year student

*Divyaj*  
Director  
Tula's Institute, Dehradun

## Day 10

### Building Synergy: The Power of Team-Building Activities

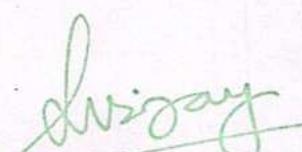
The Tulas Institute's induction program culminated in a series of engaging team-building activities, recognizing the importance of teamwork throughout a student's academic and professional life. These activities, designed to be both fun and challenging, fostered communication, problem-solving, and a sense of shared purpose amongst the new students.

One example was the "Blindfolded Maze" challenge. Students worked together, with one teammate blindfolded and guided by the verbal instructions of their sighted partner. This activity promoted clear communication and trust-building as they navigated the maze together. Another option employed during the program was a "Scavenger Hunt with a Twist." Teams raced against each other to find hidden clues, but the twist was that they had to collaborate with other teams to decipher the clues and complete certain tasks. This fostered cooperation, strategic thinking, and a sense of friendly competition.

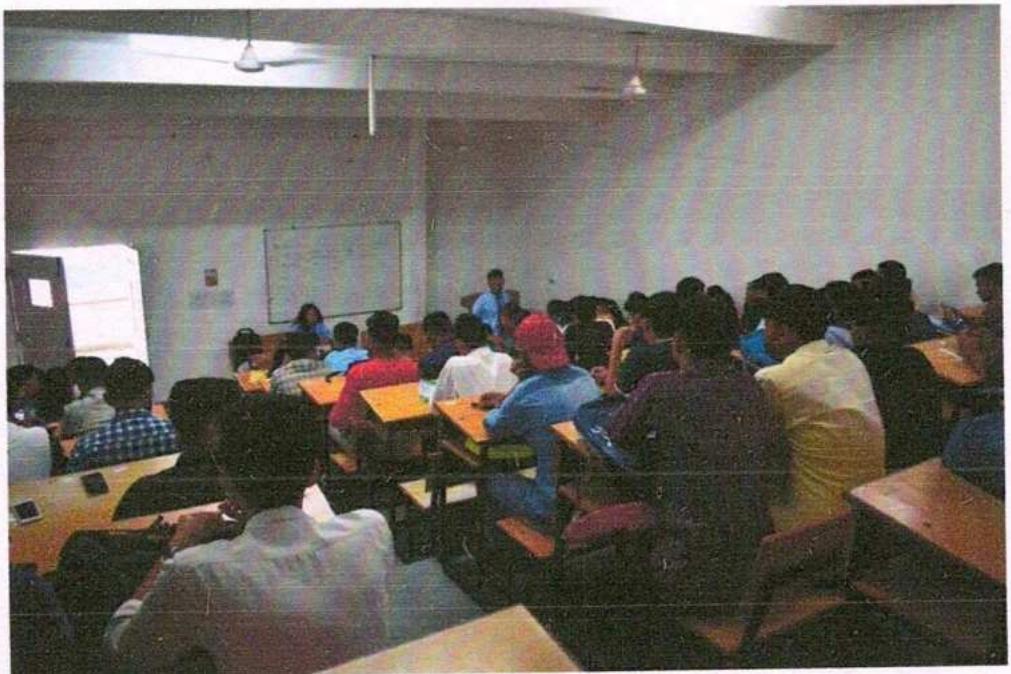
Through these thoughtfully designed activities, students learned the power of teamwork and developed essential skills like active listening, effective communication, and collaborative problem-solving. These skills will not only benefit them in the classroom but also prepare them for future success in group projects, internships, and ultimately their chosen careers.

### Objectives

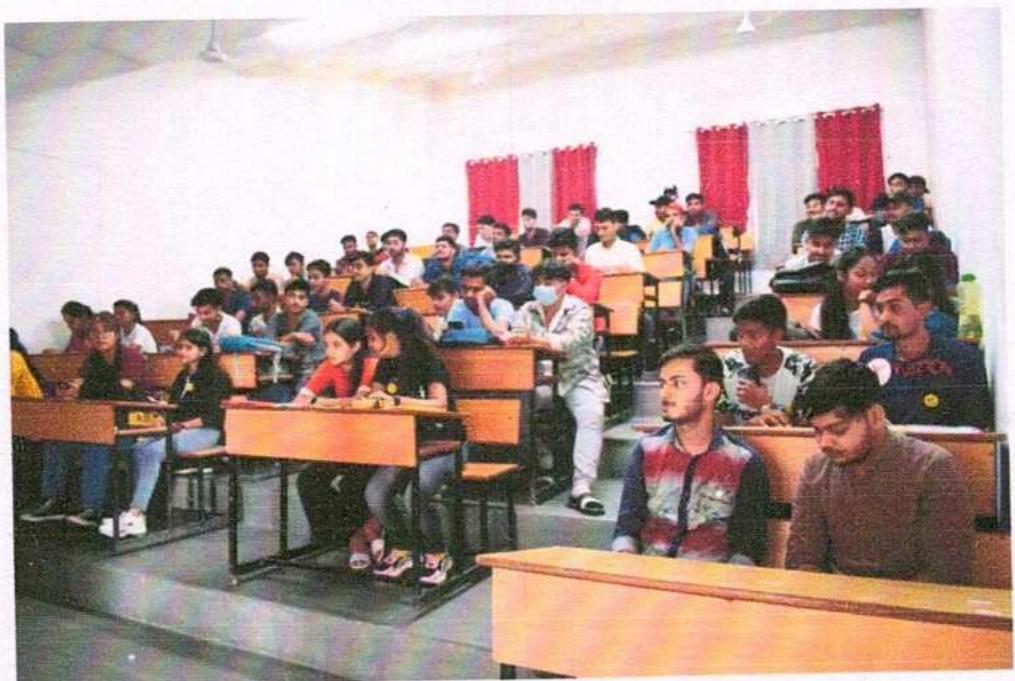
- Strengthen new friendships and build a foundation for collaboration.
- Develop essential teamwork skills like communication and problem-solving.
- Prepare students for future success in group projects and professional settings.



Dr. Divyanshu Singh  
Director  
Tula's Institute, Dehradun



Students listening to the sessions

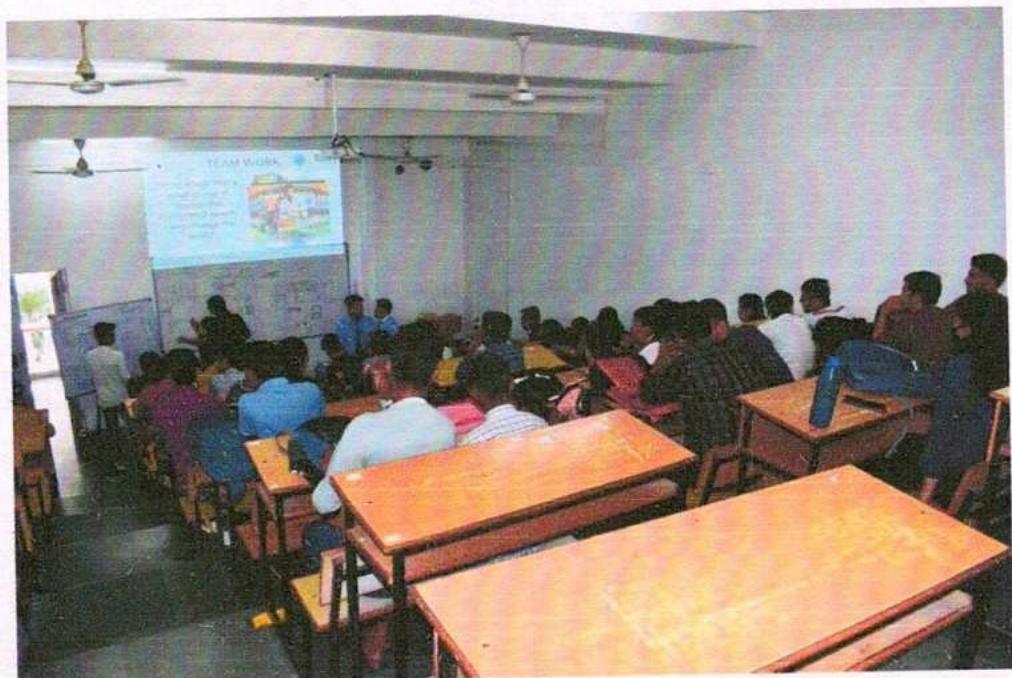


Students listening to the sessions

*Divyay*  
Director  
**Tula's Institute, Dehradun**



Activities during the session to make the students learn practically



Presentation on team work

*divyanshu*  
Director  
Tula's Institute, Dehradun

## Day 11

### Winding Down with Mindfulness: The Yoga Session

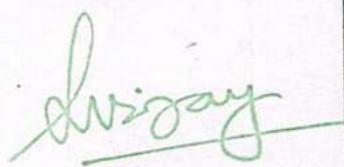
The Tulas Institute's induction program concluded with a calming and centering yoga session. This provided a welcome contrast to the energetic team-building activities and served several purposes. Yoga, incorporating physical postures (asanas), breathwork (pranayama), and meditation, offered a holistic approach to well-being for the new students.

The physical postures likely improved flexibility, strength, and balance, potentially reducing stress and promoting relaxation. The breathwork exercises likely helped students connect their mind and body, fostering a sense of inner peace and mindfulness. Finally, the meditation component allowed students to quiet their minds and focus on the present moment, a valuable skill for managing stress throughout their academic journey.

This yoga session served as a bridge between the excitement of the induction program and the demands of academic life. By incorporating mindfulness practices, the Tulas Institute equipped students with tools to manage stress, improve focus, and cultivate a sense of inner well-being. This set them up for a successful and enriching academic experience.

### Objectives

- Promote relaxation and stress reduction after a stimulating program.
- Enhance physical well-being through postures and improve focus through breathwork.
- Cultivate mindfulness and equip students with stress-management tools for academic life.



Dr. Jayant Patel  
Director  
Tula's Institute, Dehradun



**Yoga and meditation**



**Yoga and meditation**

*Shivay*

**Director  
Tula's Institute, Dehradun**



Yoga and meditation



Mr. B L Semwal, a well-known instructor teaching yoga to the students

*Divay*  
Director  
Tula's Institute, Dehradun

## Day 12

### Extending a Helping Hand: The Clothes Donation Drive

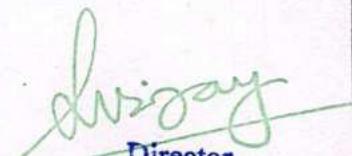
The Tulas Institute concluded its induction program with a thoughtful initiative - a clothes donation drive. This charitable act allowed students to not only declutter their belongings but also contribute to the well-being of those in need within the Garhwal community.

Donation bins were placed at convenient locations throughout the institute, and students were encouraged to contribute gently used clothing items. The institute likely partnered with a local NGO or shelter to ensure the donated clothes reached those who would benefit most. This act of generosity fostered social responsibility and allowed students to connect with the wider community.

Participating in the clothes donation drive provided a valuable learning experience for the students. They gained firsthand knowledge about the importance of giving back and the power of community service. It instilled a sense of compassion and encouraged them to consider the needs of others throughout their academic journey and beyond.

### Objectives

- Promote social responsibility and connect with the Garhwal community.
- Provide an opportunity for decluttering and contributing to those in need.
- Instill a sense of compassion and the value of giving back to others.



Dr. Jayant Patel  
Director  
Tula's Institute, Dehradun



Students participating in the clothes donation drive



Students distributed clothes to the needy people of the nearby locality

*Divyay*  
Director  
Tula's Institute, Dehradun



Clothes donation drive



Clothes donation drives were very successful as students participated enthusiastically

*Divyajay*  
Director  
Tula's Institute, Dehradun

## Day 13

### Charting the Course: Goal Setting Activity

The Tulas Institute extended its focus on student empowerment into the next day with a dedicated goal-setting activity. This session equipped students with the tools and strategies to navigate their academic journey with purpose and direction.

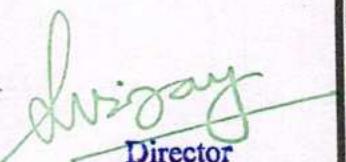
The activity likely involved a guided workshop or individual reflection exercises. Students were encouraged to consider their short-term and long-term goals, both academic and personal. This could have involved setting achievable milestones for the upcoming semester, identifying areas for academic improvement, or outlining career aspirations.

Through this activity, students learned the importance of setting SMART goals (Specific, Measurable, Achievable, Relevant, and Time-bound). This framework helped them translate their ambitions into tangible action plans, fostering a sense of ownership and accountability for their academic success. Additionally, the program might have offered resources or mentorship opportunities to help students achieve their goals throughout their time at the institute.

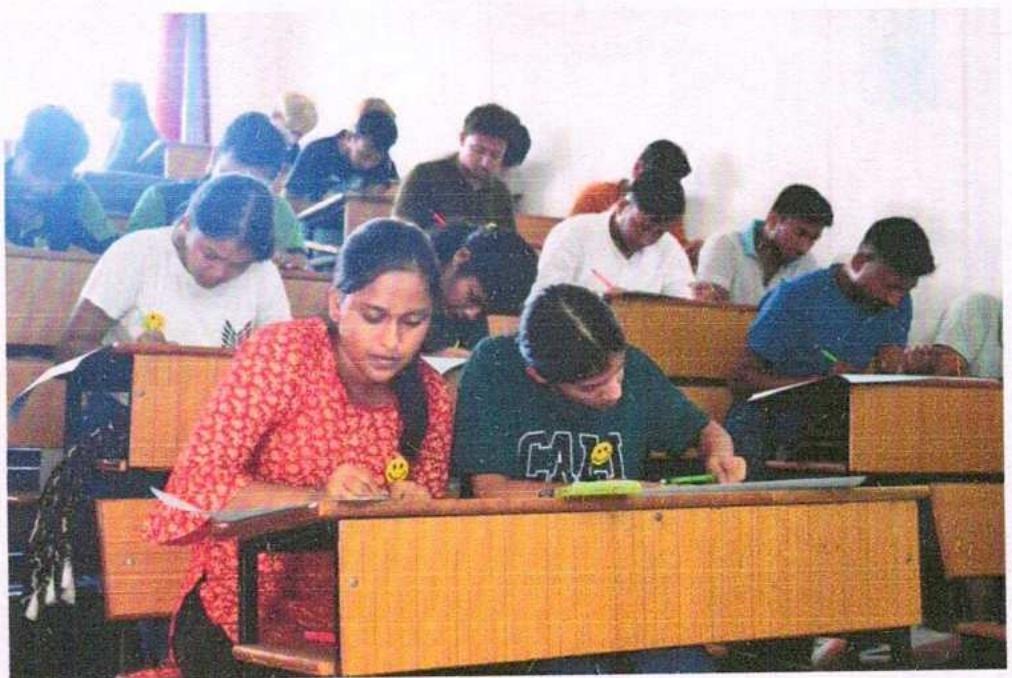
By prioritizing goal setting early on, the Tulas Institute empowered students to take an active role in shaping their academic experience. They developed a roadmap for success, fostering a sense of agency and motivation as they embarked on their studies.

### Objectives

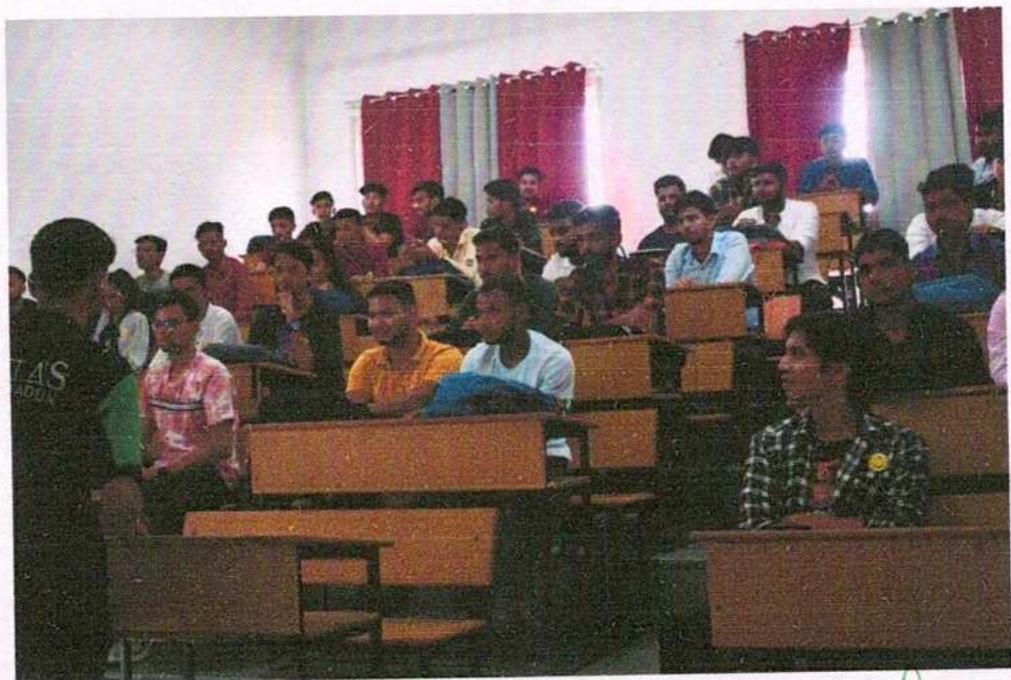
- Equip students with tools and strategies for setting effective academic and personal goals.
- Foster a sense of ownership and accountability for academic achievement through SMART goal setting.
- Empower students to take an active role in shaping their academic journey through goal planning



Dr. Avijay Kumar  
Director  
Tula's Institute, Dehradun



Students writing their life goals



Students attending the goal setting session

*Dwijay*  
Director  
Tula's Institute, Dehradun



Classroom session



Classroom session

Dr. Dinesh Kumar  
Director  
Tula's Institute, Dehradun

## **Day 14 and 15**

### **Fostering Connection: Interaction with Department Heads**

The Tulas Institute concluded its induction program with a valuable session – interaction with the heads of various academic departments. This provided a unique opportunity for students to gain firsthand insights from the leadership of their chosen fields.

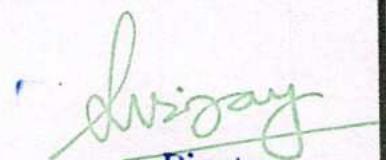
Department heads delivered informative presentations, outlining the curriculum, faculty expertise, and potential career paths for graduates within their respective departments. This comprehensive overview allowed students to solidify their academic choices or explore exciting new options that might align with their interests.

Following the presentations, a lively Q&A session ensued. Students actively engaged, asking insightful questions about specific programs, course content, and future career possibilities. This direct interaction with department heads proved invaluable in clarifying any lingering doubts and fostering a sense of connection with the academic leadership.

By providing this platform for open dialogue, the Tulas Institute successfully bridged the gap between students and faculty. This sets the stage for a collaborative learning environment where students feel comfortable approaching their department heads for guidance and support throughout their academic journey.

### **Objectives**

- Deepen understanding: Students gained insights into department curriculum, faculty expertise, and career paths.
- Solidify choices or explore new options: The session helped students confirm their academic direction or discover exciting possibilities.
- Bridge the gap with faculty: Direct interaction fostered connection with department heads and encouraged future communication.



Dr. Jayant Patel  
Director  
Tula's Institute, Dehradun



HOD of Mechanical department representing his department

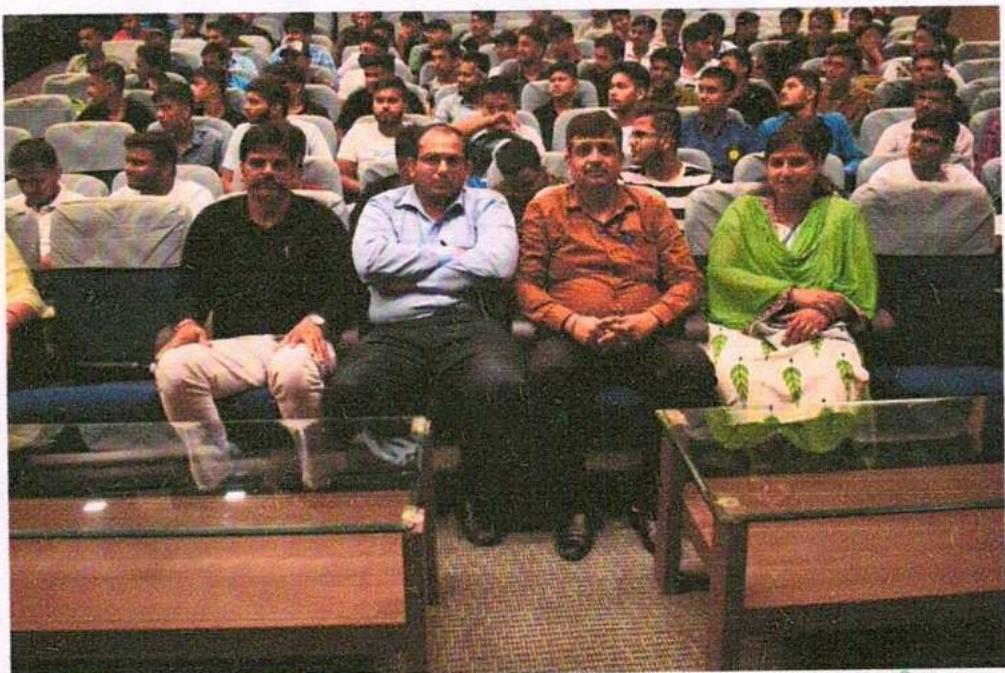


Students asking about the queries

*Divyajay*  
Director  
Tula's Institute, Dehradun



The HOD of management department presented his department



Heads of various departments of Tula's Institute

Dr. Vijay  
Director  
Tula's Institute, Dehradun

## Day 16 and 17

### Unleashing Creativity: Tulas' Got Talent

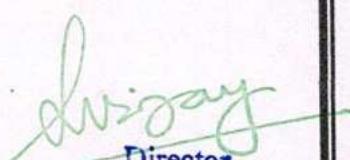
The Tulas Institute induction program culminated in a vibrant celebration of student talent – "Tulas' Got Talent." This exciting event provided a platform for first-year students to showcase their unique abilities and express themselves creatively. Whether it be singing, dancing, beatboxing, magic tricks, or even stand-up comedy, the stage was open to a diverse range of talents.

The atmosphere crackled with energy as students cheered each other on. Some participants opted for solo performances, while others formed groups to create captivating routines. The talent show not only provided entertainment but also fostered a sense of community and camaraderie among the new student body.

The program might have included a judging panel of faculty members or even fellow students, awarding prizes for the most outstanding performances. But beyond the competition aspect, "Tulas' Got Talent" served a more significant purpose. It allowed students to step outside their comfort zones, embrace their individuality, and gain valuable experience performing in front of a large audience. This confidence boost sets the stage for their academic journey, encouraging them to actively participate and contribute to the vibrant Tulas Institute community.

### Objectives

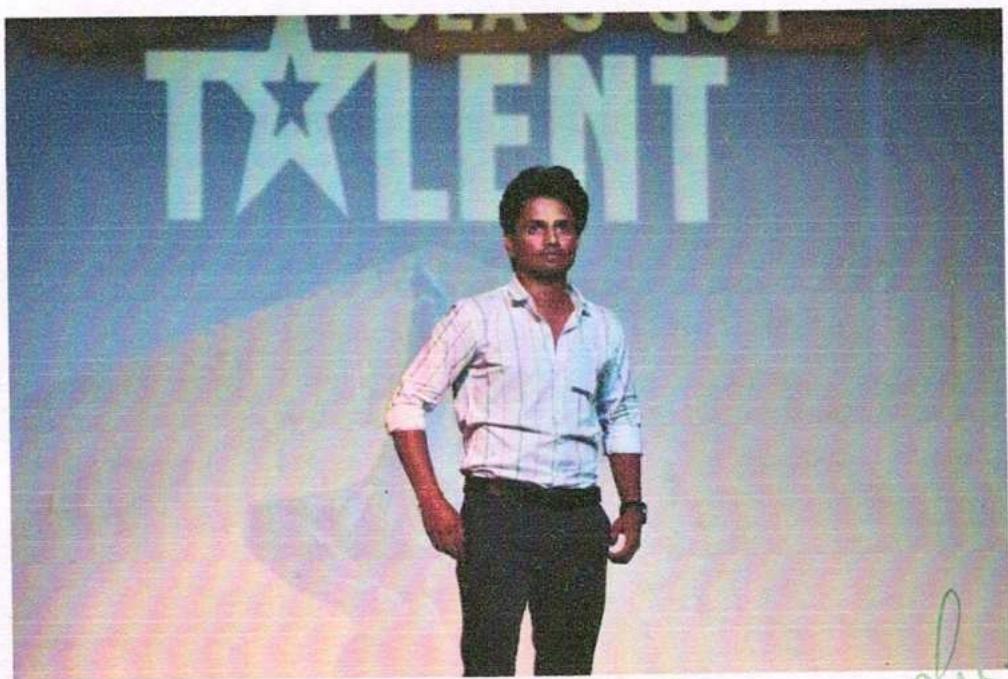
- Showcase diverse talents: Provided a platform for students to express themselves through singing, dancing, etc.
- Foster community and camaraderie: Promoted a sense of belonging and connection among the new student body.
- Build confidence and stage presence: Encouraged students to step outside their comfort zones and perform in front of an audience.



Dr. Jayant Patel  
Director  
Tula's Institute, Dehradun



Singing performance

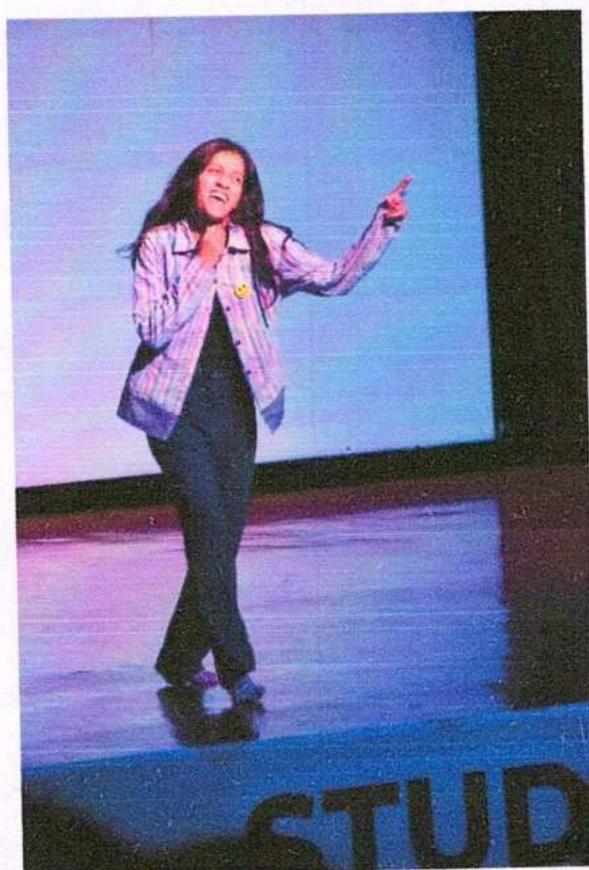


Medeling performance

Director  
**Tula's Institute, Dehradun**



Singing performance



Dance performance

*Divyanshu*

Director  
Tula's Institute, Dehradun

**Day 18**

**Rendezvous with Dr. Anujj Elvis**



Guest interacting with the audience during the session



Group photograph

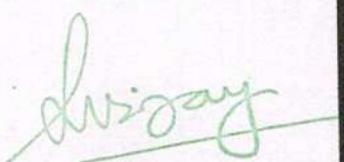
Director  
Tula's Institute, Dehradun



Session



Welcoming of the guest



Director  
Tula's Institute, Dehradun

**Day 19**  
**Motivational Session with Dr. Chinu Kwatra**



Student interacting with the guest

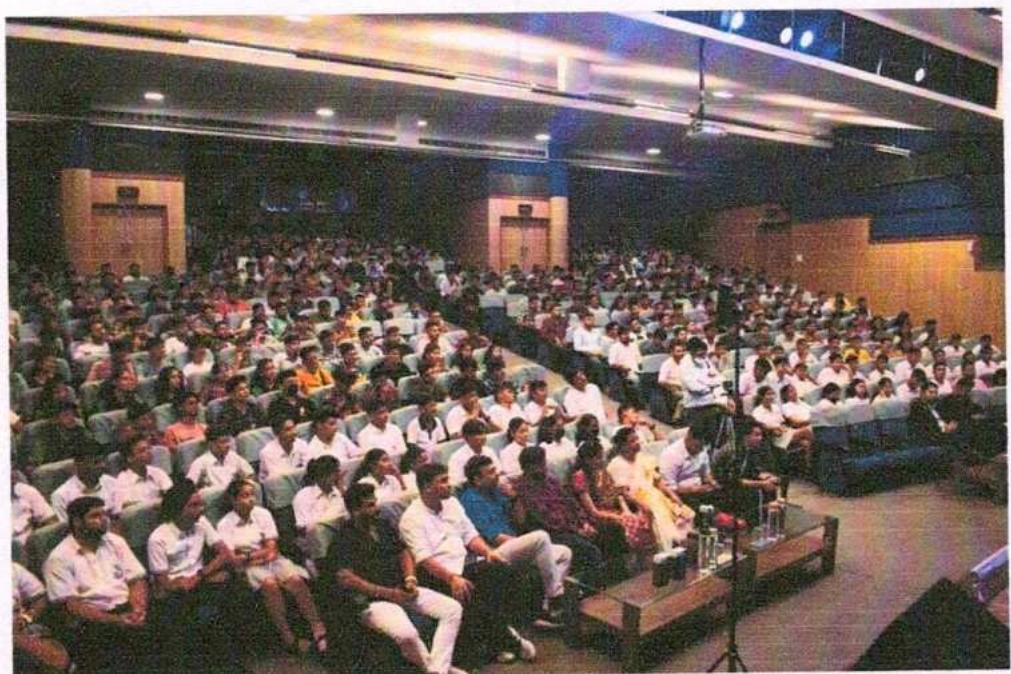


Motivational speaker Dr. Chinu Kwatra

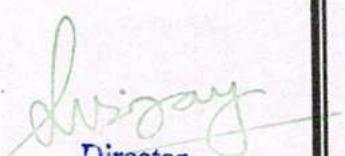
*Divyajay*  
Director  
Tula's Institute, Dehradun



Lamp Lighting ceremony



Students and faculty members

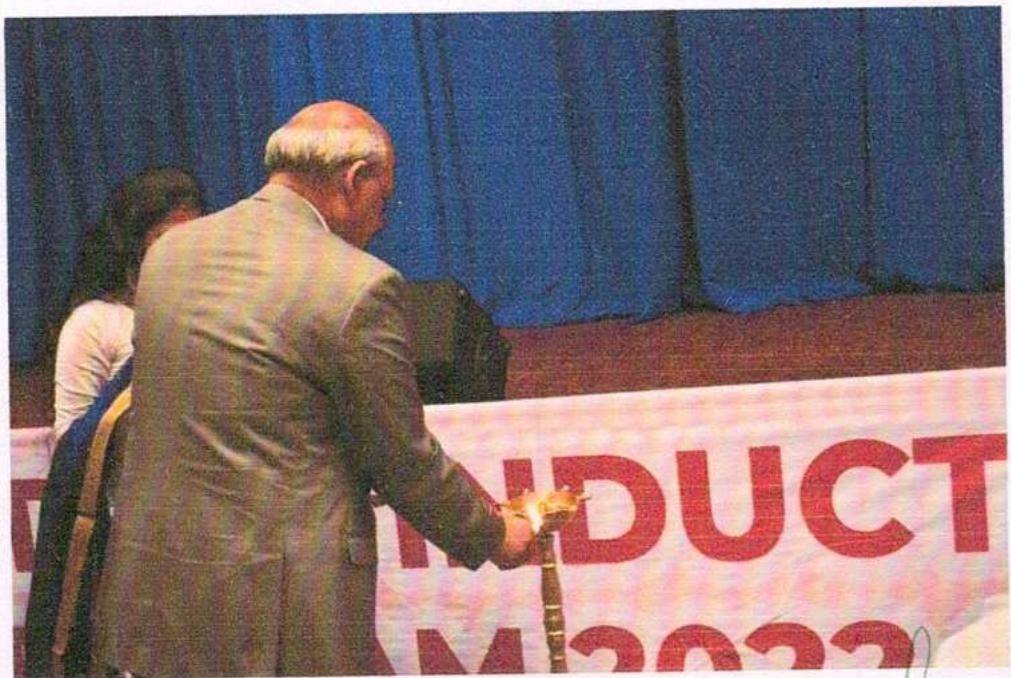
  
Director  
Tula's Institute, Dehradun

Day 20

Session with Dr. Onkar Singh (Vice Chancellor of UTU)



Musical performance by the students

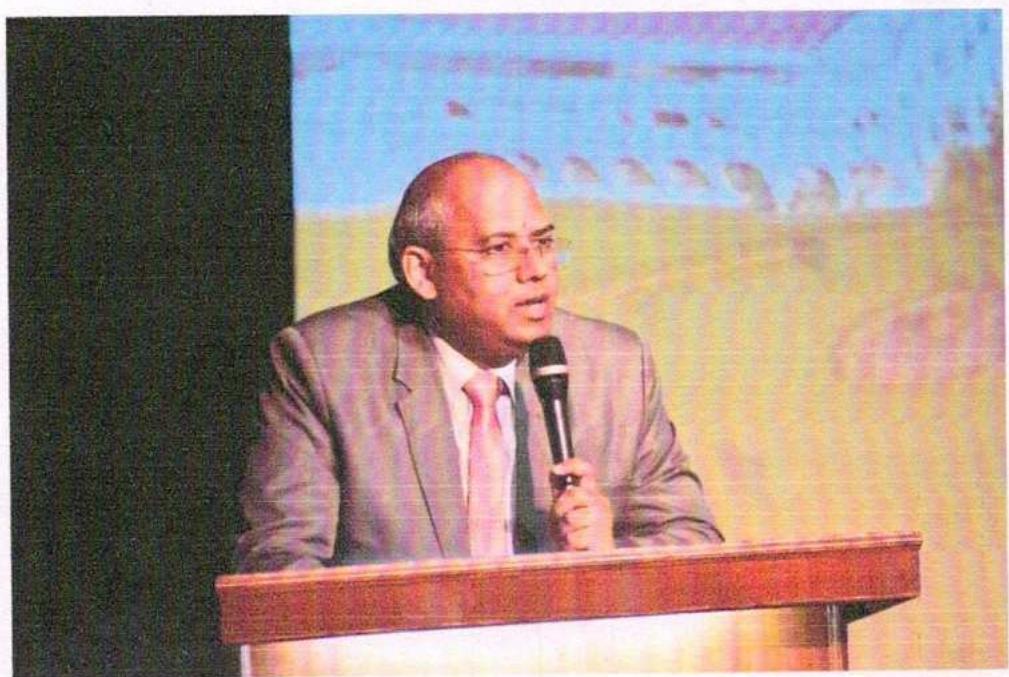


Lamp lighting ceremony

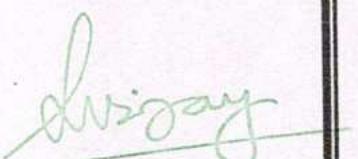
*Divyanshu*  
Director  
Tula's Institute, Dehradun



Students were listening the session



Dr. Onkar Addressing the audience

  
Director  
Tula's Institute, Dehradun

## Day 21

### Fresher's Day

The much-awaited Freshers' Day program was held in the auditorium of Tula's Institute, Dehradun on 22nd September 2022 after the successful completion of 21 days induction program. With the theme 'Prom Night', the day created an opportunity for students to showcase their talents and entertain the audience. The benevolent welcome of seniors to the freshers boosted their confidence and generated a friendly atmosphere between them.

The program was anchored by Shristi Soumya of BSc Agriculture 2nd year. The program began with an introduction of various student clubs of the Tula's Institute followed by a welcome song by Adnan of B. Tech CSE 2nd Year. The seniors also entertained them with excitement, enthusiasm, and laughter.

The newcomers introduced themselves and displayed their potential during the Mr. and Miss. Freshers competition where Shivam Negi of BBA 1st year and Shambhavi Raj Chouhan of BBA 1st year were felicitated by the grand title. On the occasion Vice President, Mr. Raunak Jain, and Vice President of Technology Dr. Raghav Garg of Tula's Institute felicitated Mr. Induction Piyush Gupta MBA 1st Year and Miss induction Divya Shankar BBA 1st Year, Mr. Emmanuel Gabriel and Miss Nidhi Goyal faculty coordinators of student council also marked their presence. The evening was concluded with DJ Night.

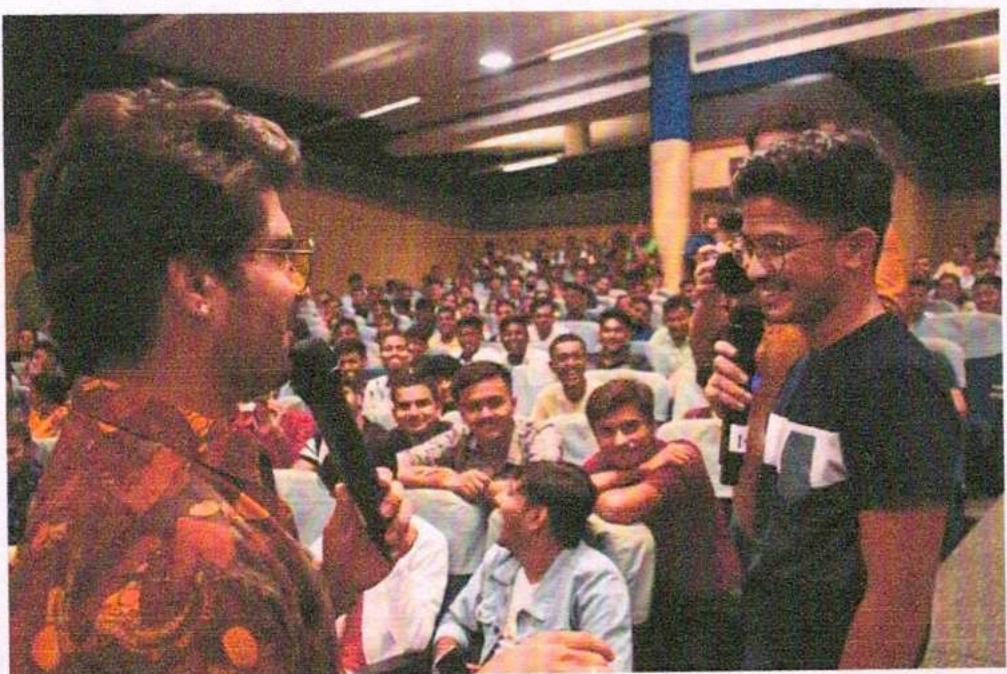


Students felicitation

Director  
Tula's Institute, Dehradun



Fresher 2022



Student interaction and fun games

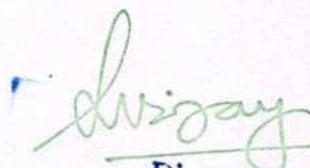
*Shivay*  
Director  
Tula's Institute, Dehradun



Auditorium



Mr. and Miss fresher 2022

  
Dr. Vijay  
Director  
Tula's Institute, Dehradun