INDEX

Criterion: 7.1.10

Criterion Details: The Institute has a prescribed code of conduct for students, Teachers, Administrators and other staff conducts periodic programmes in this regards.

S. No.	Particular	Annexure No.
1.	Mintues of meeting (MOM)	Annexure - I
2.	Circular	Annexure - II
3.	Institution organizers professional ethics Programmers for Students Teachers, Administration and other staff. • Motivational Speaker Session by Dr Chinu Kwatra • Guest Lecture on information security and its Relevance in today's Technical ERA • Chai PE Charcha (To improve the students Communication and public speaking skills) • International Women's Week Celebration • Awareness Session on Women safety	Annexure - III
4.	Annual Awareness Programmes on Code of Conduct are organized • Induction Program	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) Director
Tula's Institute, Dehradun

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Tula's Institute, Dehradun

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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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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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Ref No.:-Tulas/Director/0922/16 **Date:- 19/09/2022**

Notice: Motivational Speaker Session by Dr. Chinu Kwatra

We are excited to announce a **Motivational Speaker Session** featuring **Dr. Chinu Kwatra**, renowned for her inspiring talks and impactful insights.

- **Date:** 19th September 2022
- **Time:** 2:00 PM
- **Venue:** Auditorium

Dr. Chinu Kwatra will share her experiences and strategies for personal and professional development, aiming to motivate and empower attendees to achieve their goals.

This session is open to all students and faculty members, and we encourage everyone to attend.

(Director)

Director
Tula's Institute, Dehradun

Motivational Speaker Session by Dr. Chinu Kwatra

22 November 2022

Objective of the Motivational Talk by Dr. Chinu Kwatra

The primary objective of this motivational talk is to inspire and empower attendees to recognize their potential and pursue their aspirations with confidence and determination. Dr. Chinu Kwatra aims to:

Encourage Personal Growth:Foster a mindset focused on continuous learning and self-improvement, enabling individuals to overcome challenges and achieve their personal and professional goals.

Instill Resilience:Share insights on developing resilience in the face of adversity, emphasizing the importance of perseverance and a positive attitude in overcoming obstacles.

Promote Self-Discovery:Guide attendees in identifying their passions and strengths, encouraging them to align their actions with their true values and aspirations.

Highlight the Power of Mindset:Discuss the impact of a growth mindset on achieving success, demonstrating how attitude and perspective can influence outcomes.

Provide Practical Strategies:Equip participants with actionable tools and techniques for setting and achieving goals, enhancing motivation, and maintaining focus.

Inspire Leadership and Initiative:Encourage attendees to take initiative in their lives and communities, fostering a sense of responsibility and leadership.

Create a Supportive Community:Build a network of motivated individuals who support and uplift each other in their journeys, fostering collaboration and shared success.

Summary of Motivational Speech by Dr. Chinu Kwatra

On 19.09.2022, Dr. Chinu Kwatra delivered an inspiring motivational speech that captivated the audience with her insights and experiences. Her talk focused on the importance of resilience, personal growth, and the power of a positive mindset in overcoming challenges.

Dr. Kwatra emphasized the following key themes:

The Power of Mindset:Dr. Kwatra discussed the significance of cultivating a growth mindset. She explained how adopting a positive outlook can transform challenges into opportunities and enhance overall well-being. She urged the audience to focus on possibilities rather than limitations.

Goal Setting and Vision:The speaker stressed the importance of setting clear, achievable goals. She provided practical strategies for effective goal setting, including the use of vision boards and action plans to visualize success.

The Role of Passion and Purpose:Dr. Kwatra highlighted how passion fuels motivation and drives individuals toward their goals. She encouraged participants to identify their passions and align them with their personal and professional endeavors.

Building a Supportive Community:The importance of surrounding oneself with positive influences and a supportive community was a recurring theme. Dr. Kwatra urged attendees to seek mentors

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and engage with networks that foster growth and inspiration.

Event Details:

Join us for an inspiring session with motivational speaker Dr. Chinu Kwatra on September 19, 2022, at 2:00 PM. The event will be held in the Auditorium of Tulas Institute. Don't miss this opportunity to gain insights and motivation from an esteemed expert. All are welcome!

Outcomes of the Motivational Talk

Increased Motivation: Attendees will leave with a renewed sense of motivation and enthusiasm to pursue their personal and professional goals.

Enhanced Self-Awareness: Participants will gain insights into their strengths, weaknesses, and values, helping them to better understand their unique paths.

Goal-Setting Skills: The talk will provide practical strategies for setting and achieving short-term and long-term goals, empowering attendees to take actionable steps.

Positive Mindset: Dr. Kwatra will share techniques for cultivating a positive mindset, enabling participants to overcome challenges and setbacks.

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Event Photograph

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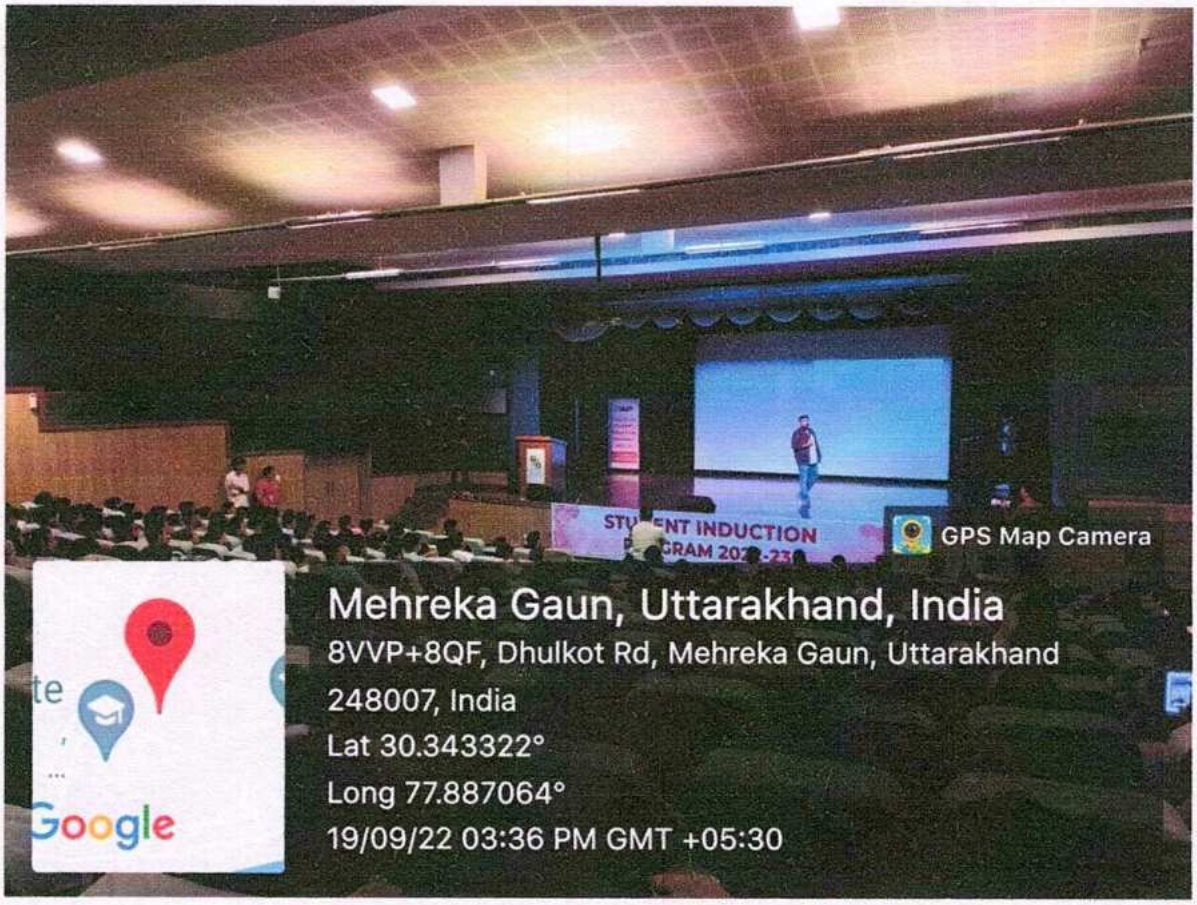

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Ref No.:-Tulas/Director/1222/12 **Date:- 12/11/2022**

Notice: Guest Lecture on Information Security and Its Relevance in Today's Technical Era

We are pleased to inform you that a **Guest Lecture** on **"Information Security and Its Relevance in Today's Technical Era"** will be conducted as per the following details:

- **Date:** 18th November 2022
- **Time:** 10:00 AM – 12:00 PM
- **Venue:** Seminar Hall

The lecture will provide valuable insights into the latest trends, challenges, and best practices in information security, and how it impacts various sectors in today's rapidly evolving technological landscape.

This session will be of great benefit to all students and professionals who wish to deepen their understanding of information security and its growing importance in modern industries.

We encourage all interested attendees to be present for this informative session.

(Director)
Director
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Guest Lecture on Information Security and Its Relevance in Today's Technical Era

22 November 2022

The objective of this guest lecture is to:

- Enhance Awareness: Educate attendees about the fundamental concepts of information security and its growing significance in the digital age.
- Understand Current Threats: Provide insights into the latest security challenges, such as cyberattacks, data breaches, and hacking, which organizations and individuals face today.
- Explore Best Practices: Discuss effective strategies and best practices for safeguarding sensitive information, including data encryption, authentication, and risk management.
- Bridge Theory and Practice: Help students and professionals link theoretical knowledge with practical applications by understanding how security protocols are applied in real-world scenarios.
- Highlight Career Opportunities: Shed light on the growing demand for skilled professionals in information security, along with the potential career paths available in this field.

Summary:

The guest lecture aims to raise awareness about the growing importance of information security in today's digital age. It will focus on current cybersecurity threats, best practices for protecting sensitive data, and practical applications of security measures. The lecture will also highlight career opportunities in the information security field and promote responsible online behavior. By the end, participants will gain a clearer understanding of how essential information security is in both personal and professional settings.

Event Details:

Tulas Institute is organizing a guest lecture on Information Security and Its Relevance in Today's Technical Era. The event will be held on 18th November 2022 at 10:00 AM in the Seminar Hall. The session will cover the importance of safeguarding information in today's digital world and will provide valuable insights for students and professionals alike.

Outcomes of the Guest Lecture

Enhanced Knowledge:Attendees will gain a deeper understanding of key concepts in information security, including threats, vulnerabilities, and mitigation strategies.

Awareness of Current Trends:Participants will learn about the latest trends in information security, such as cybersecurity measures, data protection laws, and emerging technologies like artificial intelligence in security.

Practical Applications:The lecture will provide practical insights on how to implement effective security measures in both personal and professional environments.

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Networking Opportunities:Attendees will have the opportunity to connect with industry experts and peers, fostering professional relationships and potential collaborations.

Informed Decision-Making:Participants will be better equipped to make informed decisions regarding information security practices within their organizations.

Critical Thinking Skills:The lecture will encourage attendees to think critically about security challenges and explore innovative solutions.

Understanding Regulatory Compliance:Attendees will gain knowledge about relevant regulations and standards in information security, enhancing their understanding of compliance requirements.

Inspiration for Future Learning:The lecture may inspire participants to pursue further education or careers in information security, highlighting the field's importance and demand.

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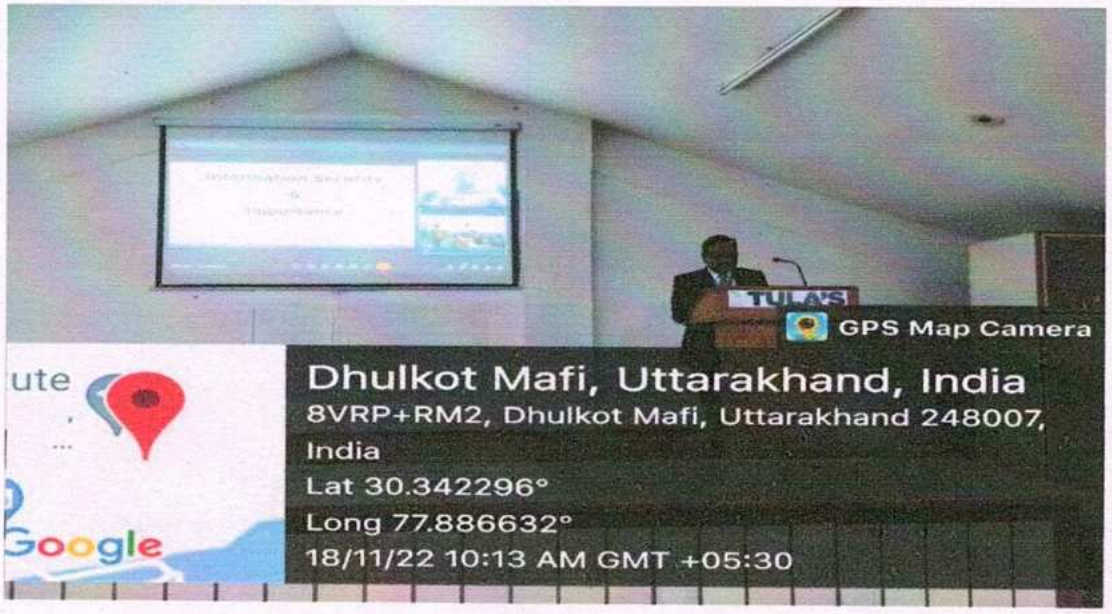
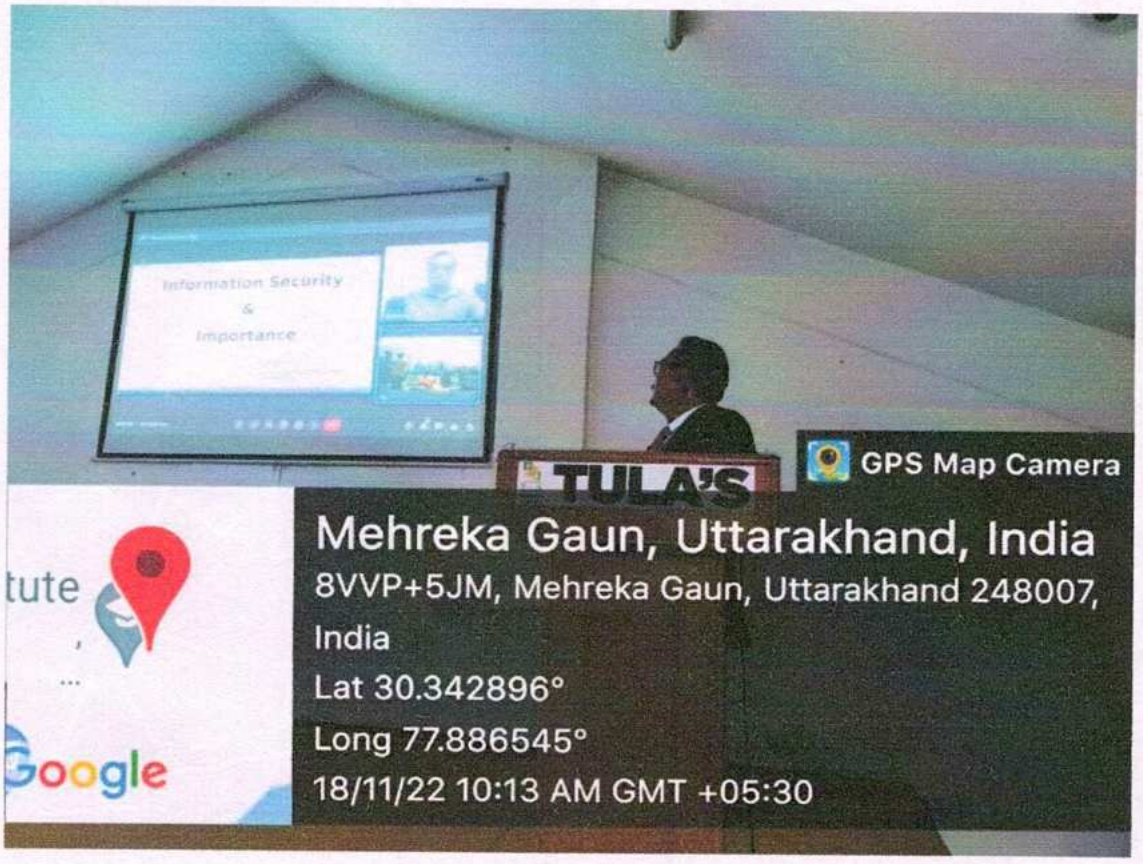
Event Photograph





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Ref:TI/EC/1022/05

Date:12-01-2023

NOTICE

You're cordially invited to join us for an engaging session of "Chai Pe Charcha" on January 12, 2023, in the Seminar Hall. This event promises an afternoon filled with enriching discussions, warm camaraderie, and of course, steaming cups of tea.

Date: January 12, 2023
Time: 12:30 PM onwards
Venue: Seminar Hall

Head
Extension Committee

Director
Tula's Institute, Dehradun

Dhoolkot, P.O. Selaqui, Chakrata Road
Dehradun - 248011 (U.K India)
www.tulas.edu.in
0135-2699300
0135-2699309

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Date: 12th January 2023

Chai Pe Charcha
(A debate competition)

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Objectives of Chai Pe Charcha

1. To provide a platform for students to engage in meaningful discussions and debates on relevant social, political, and economic issues.
2. To improve students' communication and public speaking skills through participation in debates and discussions.
3. To boost students' confidence by providing them with a platform to express their opinions and ideas in front of an audience.

Summary (Press Release)

The day of every common Indian start with tea. Literary and cultural workers cannot conduct any discussion or event with completeness without tea. The greatest quality of tea is that it does not break people but unites them. Similarly, 'Vibgyor' the Student council of Tula's Institute, Dehradun, organized a Group Discussion and Extempore Competition on the seventh season of Chai pe Charcha on 12 th January 2023; the event was inaugurated by Dr. Nishant Saxena, Dean Academics. Shristi Saumya of B.sc. Agriculture 2nd Year and Gurdeep Sahani of BBA 2nd Year hosted the entire event with grace and gratitude. Mr. Emmanuel Gabriel and Dr. Nidhi Goyal gave brief information about the seventh season of CPC-7. Chai pe Charcha was planned in two rounds. The first round was a group discussion on gender equality, women empowerment, and education policies, etc. More than 50 students participated in the event out of which 10 were shortlisted from the first round for the final round which was extempore. Vaibhav Chauhan from Uttranchal University became the winner and Sumit Singh from Tula's Institute was the runner-up. The event was judged by Ms. Swati Yadav and Ms. Preeti Rana of the Graduate School of Business. The students from other colleges and universities like Uttaranchal University, Dehradun, Doon Business School, and Graphic Era University also showed interest and participated in the grand event.

Outcome:

1. Participants develop better communication skills, including articulation, clarity, and persuasiveness, through their participation in debates.
2. Students learn to think critically and analyze information more effectively as they formulate arguments and counterarguments during debates.
3. Participants gain a deeper understanding of the topics discussed as they research and prepare for the debates, expanding their knowledge base.

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Event Photographs

Introducing CHAI PE CHARCHA [12-01-2023]

Speech is the power said Tula's institute [12-01-2023]

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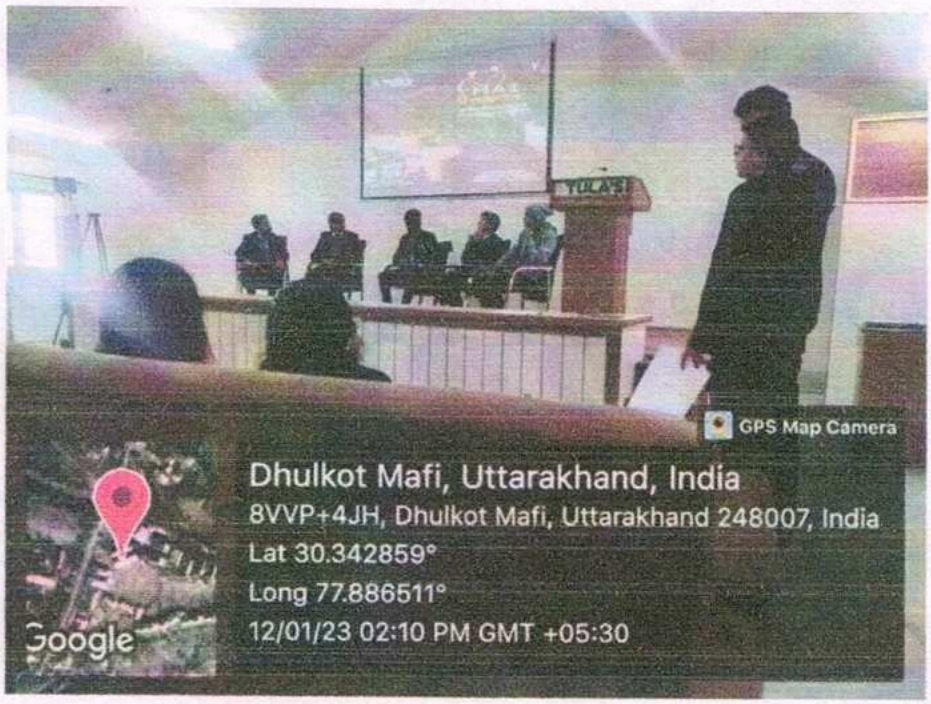
GeoTag Photographs of the event

Debate taking interesting turns [12-01-2023]



Talking does not prove it DEBATE DOES - Tula's institute [12-01-2023]

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CHAI PE CHARCHA at Tula's institute [12-01-2023]

A successful event CHAI PE CHARCHA [12-01-2023]

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Presenting CHAI PE CHARCHA [12-01-2023]

An interesting session of CHAI PE CHARCHA at Tula's institute

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Cover Page

Name of Event: International Women's Week Celebration at Tula's Institute

Date: 1st March to 6th March 2023

Venue: Auditorium, Tula's Institute, Dehradun

Organized by: Student Council of Tula's VIBGYOR and ICC

Event Coordinators (Faculty and Students):

Faculty Coordinator: Emmanuel Gabriel

Student Coordinators: Srishti Soumya

Name of Experts/ Guests/ Speakers etc. (if any):

Total Registered Student: 45

Total Student Participants: 44

Total Registered Faculty: 5

Total Faculty Participants: 5

Total Registered External (if any): Total External Participants (if any):

Mode of Event (Online/ Offline / Hybrid):Expenditure Amount (if any):

Social Media Links:

- **Twitter:**
- **Facebook:**
- **LinkedIn:**
- **Instagram:**
- **IEEE V-Tools:**
- **Other:**

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

Ref. No. Tulas/EC/0223/01 Date: 27th February 2023

NOTICE

We are pleased to announce that the Extension and ICC Committee of Tula's Institute is celebrating International Women's Day from 1st to 6th March 2023 in the Seminar Hall. The event aims to promote gender equality, recognize women's contributions, and celebrate the achievements of women.

The event will include guest lectures by prominent women in various fields, a felicitation ceremony for female members of ICC and other women in different areas, and a cultural program by the students.

We invite all staff and students to participate in this event and make it a grand success. Let us come together and celebrate the spirit of womanhood.

Date: 1st to 6th March 2023
Venue: Seminar Hall, Tula's Institute

Looking forward to your active participation.

Best regards,

Head

Extension Committee

CC: Executive Director/VP Technology/Director/Dean(s)/HODs/Notice Boards

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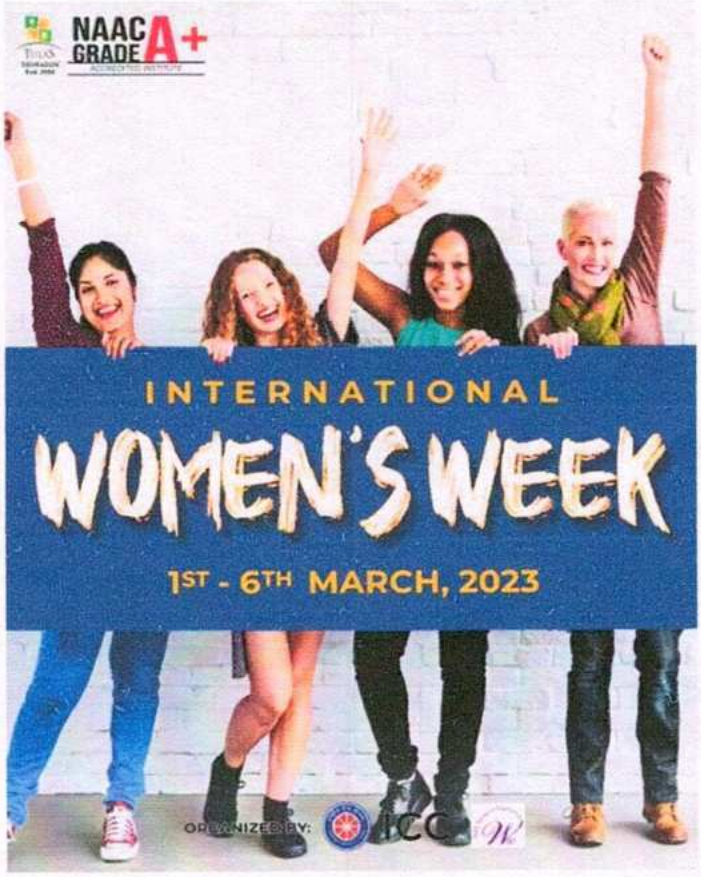
Tula's Institute, Dehradun

International Women's Week Celebration at Tula's Institute

10th 1st March to 6th March 2023



Objective:

1. Promote gender equality: The event aimed to promote gender equality and create awareness about the challenges faced by women in various fields.
2. Recognize women's contributions.
3. Celebrate International Women's Week: The event aimed to celebrate International Women's Week and highlight the importance of women's empowerment

Summary:

The World Hindi Day celebration at Tula's Institute, Dehradun, featured a captivating speech competition among students, highlighting their eloquence and passion for the Hindi language. Participants delivered engaging speeches on topics related to Hindi literature, culture, and its global significance, showcasing remarkable oratory skills and profound insights. The event underscored the institution's commitment to promoting linguistic diversity and cultural heritage, leaving a lasting impression on all attendees.

Event Details:

Tula's Institute celebrated International Women's Week from March 1 to March 6, 2023.

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The event was organized by the Extension Committee and ICC committee of the institute. The program began with the inauguration ceremony by Dr. Anil Kumar, Director at Tula's Institute, Dr. Nishant Saxena, Dean Academic, and Dr. Ranit Kishore, Dean M&A.

The event featured two guest lectures by prominent women in their fields. The first lecture was by Ms. Geetika Sharma, a social worker at Swami Nityanand Jan Seva Samiti, who spoke about gender equality. The second lecture was by Dr. Priyanka Thakur, a well-known floriculture expert who talked about various opportunities in floriculture for women entrepreneurs.

The felicitation ceremony was a highlight of the event, where female members of ICC were honored for their exemplary work in the interest of female students of Tula's Institute. The ceremony also included a dance performance by Devika and group.

The program concluded with a vote of thanks by Dr. Anita, HOD Agriculture, followed by a high tea for all the staff. The event provided a platform to celebrate and recognize the contributions of women in various fields and promote gender equality.

Outcomes:

1. Increased awareness about gender equality: The guest lectures by Ms. Geetika Sharma and Dr. Priyanka Thakur would have provided insights and ideas for promoting gender equality.
2. Motivation and inspiration for women: Female members of ICC and other women in various fields were recognized for their contributions, which would have encouraged other women to follow in their footsteps.
3. Networking and community building: The event provided an opportunity for women to network and build a sense of community. The high tea at the end of the event allowed attendees to socialize and interact with each other, fostering a supportive environment for women at the institute. This is expected to have long-term positive outcomes, such as collaboration and support among women in different fields.

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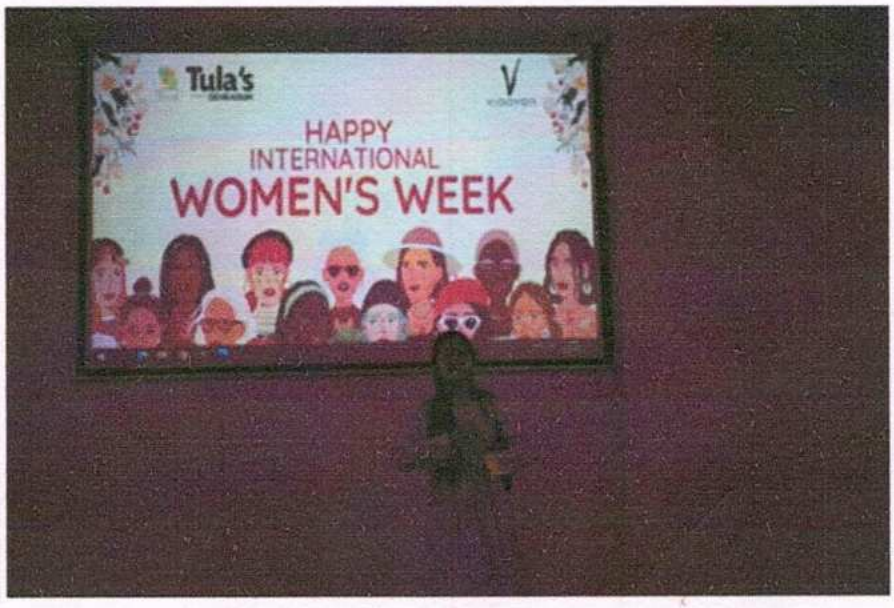
Event Photographs

Lamp lighting ceremony during the inauguration of the International Women's Week



Divya Shankar, student of BBA 1st year performed welcome dance on Saraswati Vandana

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National Anthem

Ms. Babita Sharma, and Dr. Anita Chauhan during the session

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Devika and group performed cultural dance

Director Dr. Anil Kumar presented certificates to the ICC members.

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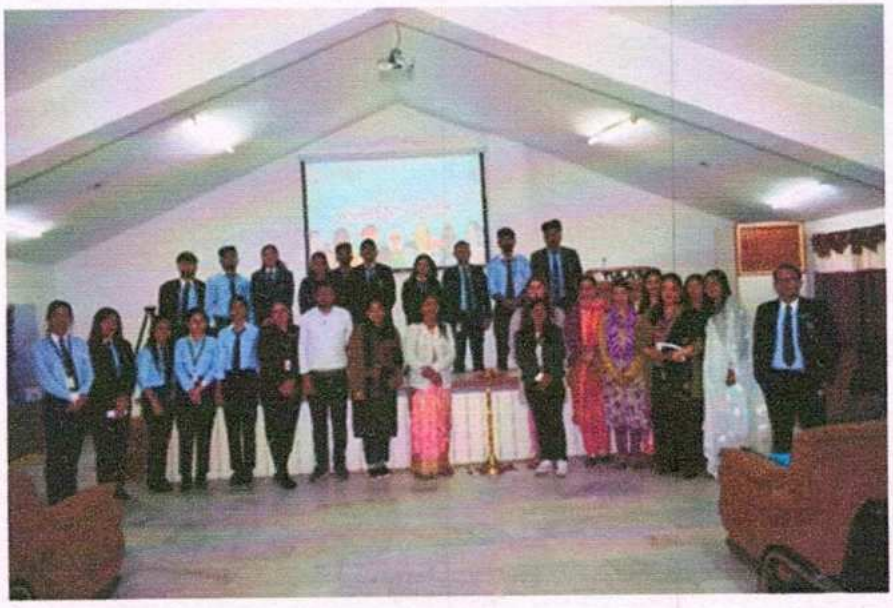
Dr. Anita welcomed the guest with Tula's Stole



Group photo of all the faculty members and students

Director
Tula's Institute, Dehradun

Geotagged Photo

Dr. Anil Kumar presenting the certificates to the ICC members.

Session on gender equality by Ms. Geetika Sharma

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Group Photo

Audience attending the session

Director
Tula's Institute, Dehradun

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Cover Page

Name of Event: Awareness Session on Women Safety

Date: 21st December 2022

Venue: Seminar Hall, Tula's Institute, Dehradun

Organized by: ICC, Tula's Institute

Event Coordinators (Faculty and Students):

Faculty Coordinator: Dr. Prerna Badoni

Student Coordinators: Srishti Soumya, BSc Agriculture

Name of Experts/ Guests/ Speakers etc. (if any):

Total Registered Student: 52

Total Student Participants: 49

Total Registered Faculty: 4

Total Faculty Participants: 4

Total Registered External (if any): Total External Participants (if any):

Mode of Event (Online/ Offline / Hybrid):Expenditure Amount (if any):

Social Media Links:

- **Twitter:**
- **Facebook:**
- **LinkedIn:**
- **Instagram:**
- **IEEE V-Tools:**
- **Other:**

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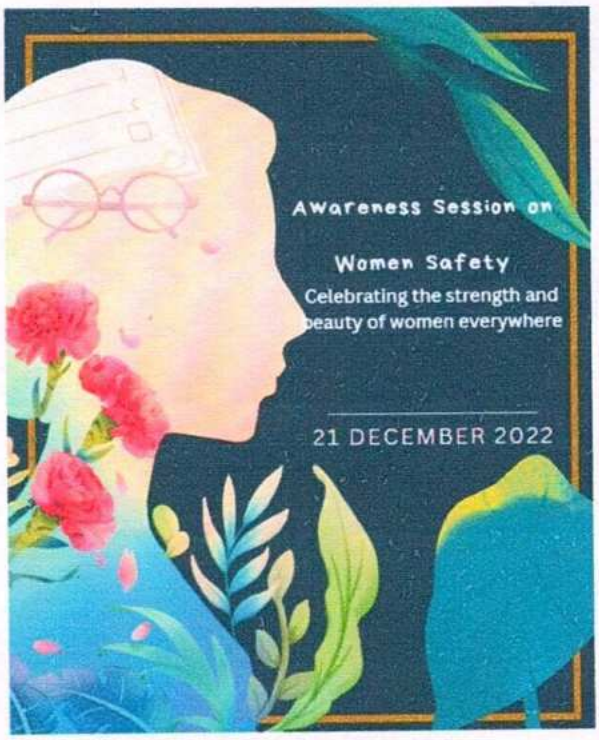
Awareness Session on Women Safety
21st December 2022



Objective:

1. Educate students on the various forms of harassment and violence women face.
2. Promote available resources and support systems within and outside the campus.
3. Encourage active bystander behavior—how to step in safely and effectively.
4. Empower women with self-defense techniques and confidence-building activities.
5. Foster an inclusive environment that promotes respect and equality.

Summary:

On 21st December, Tulas Institute's Internal Complaint Committee organized a women's safety session led by the Thana Incharge. The event provided critical education on safety issues, practical self-protection tips, and highlighted resources available in the community. Attendees left feeling informed, empowered, and confident in creating a safer environment.

Event Details:

On 21st December, the Internal Complaint Committee at Tulas Institute organized an "Awareness Session on Women Safety" led by the Thana Incharge. The session focused on educating female staff and students about the critical aspects of women's safety and the importance of being vigilant. The Thana Incharge's expertise and engaging approach made the session highly informative and impactful for all attendees.

Throughout the session, the Thana Incharge provided valuable insights into the various safety challenges women face and offered practical tips and strategies for self-protection. The session also highlighted the resources and support systems available within the

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community and law enforcement, ensuring that participants knew where to turn for help. Attendees were encouraged to ask questions and share their concerns, making the session interactive and comprehensive.

The event was a resounding success, with participants leaving the session feeling more informed and empowered to take control of their safety. The practical advice and resources provided by the Thana Incharge fostered a sense of confidence among the attendees, promoting a safer and more supportive environment at Tulas Institute.

Outcomes:

1. Educate students on the various forms of harassment and violence women face.
2. Promote available resources and support systems within and outside the campus.
3. Encourage active bystander behavior—how to step in safely and effectively.
4. Empower women with self-defense techniques and confidence-building activities.
5. Foster an inclusive environment that promotes respect and equality.

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Tula's Institute, Dehradun

Event Photographs

Interaction about the women safety with the students 21st Dec 2022

Interaction about the women safety with the students 21st Dec 2022

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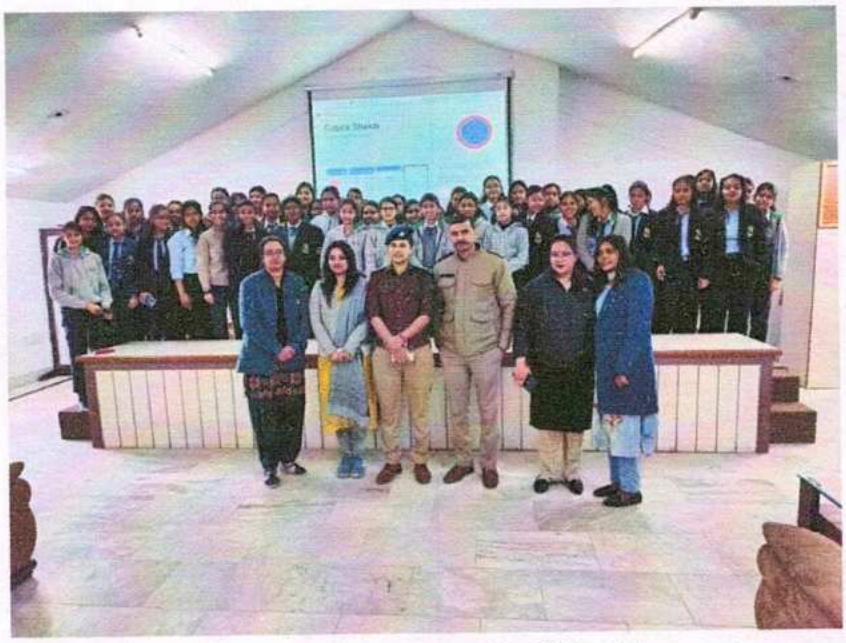
Interaction about the women safety with the students 21st Dec 2022



Group photograph after the session 21st Dec 2022

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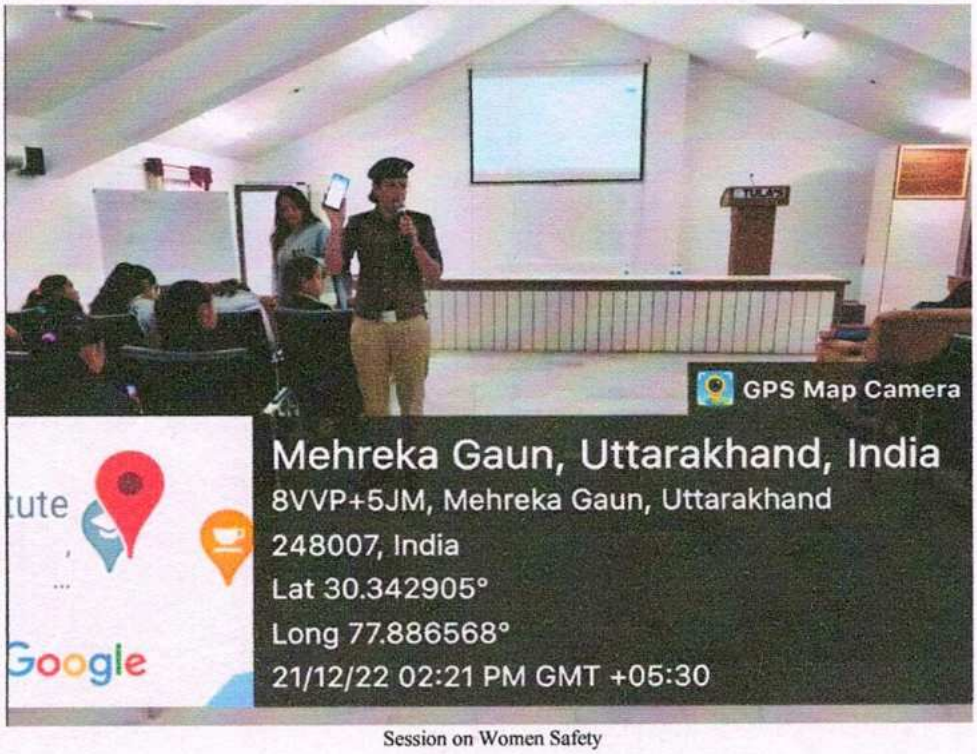
Geo Tagged Photos

Session on Women Safety

Session on Women Safety

Director
Tula's Institute, Dehradun



Session on Women Safety

Session on Women Safety

Director
Tula's Institute, Dehradun

INDUCTION REPORT

TULA'S
DEHRADUN
Estd. 2006

Session: 2022-23

(From 5th Sept to 24th Sept 2022)

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19.	Day 20 Session with Dr. Onkar Singh (Vice Chancellor of UTU)	55
20.	Day 21 Fresher's Day	57

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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.
05-Sept	Registration of Students					
06-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
07-Sept, 08 Sept, 09-Sept, 12 Sept, 13 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	• Display of the Models	• 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)	• Indoor Activities (Newspaper activity, Discussion and video, Poster Making)
	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	

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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.

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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.

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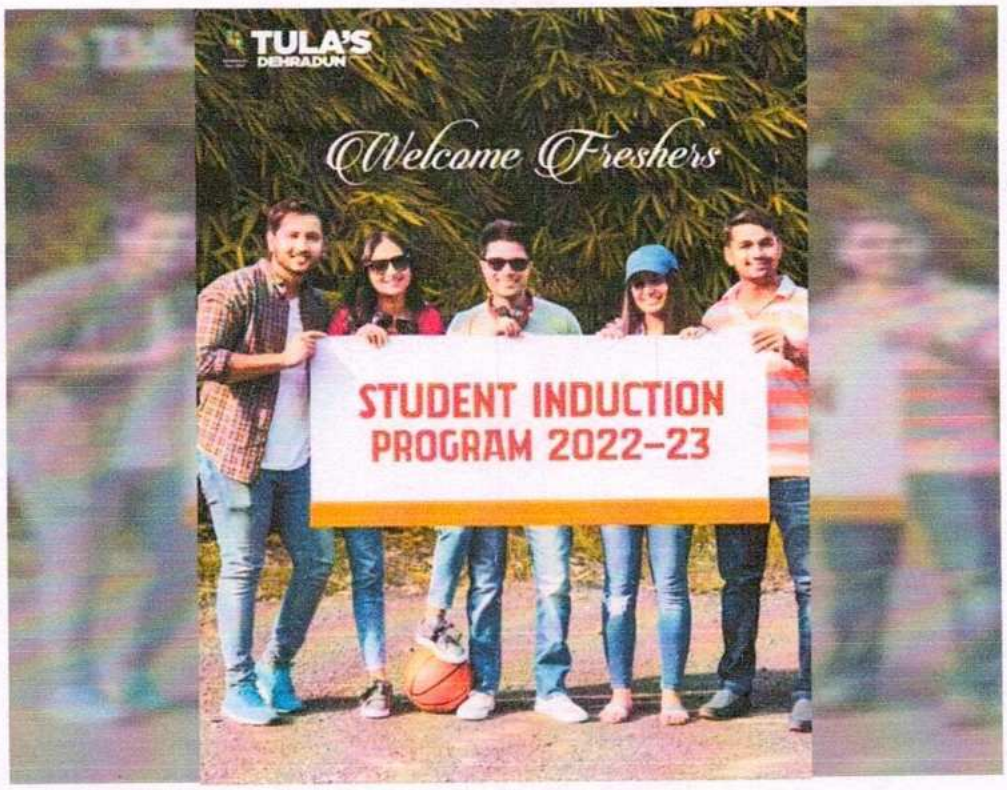
About Induction Program



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.

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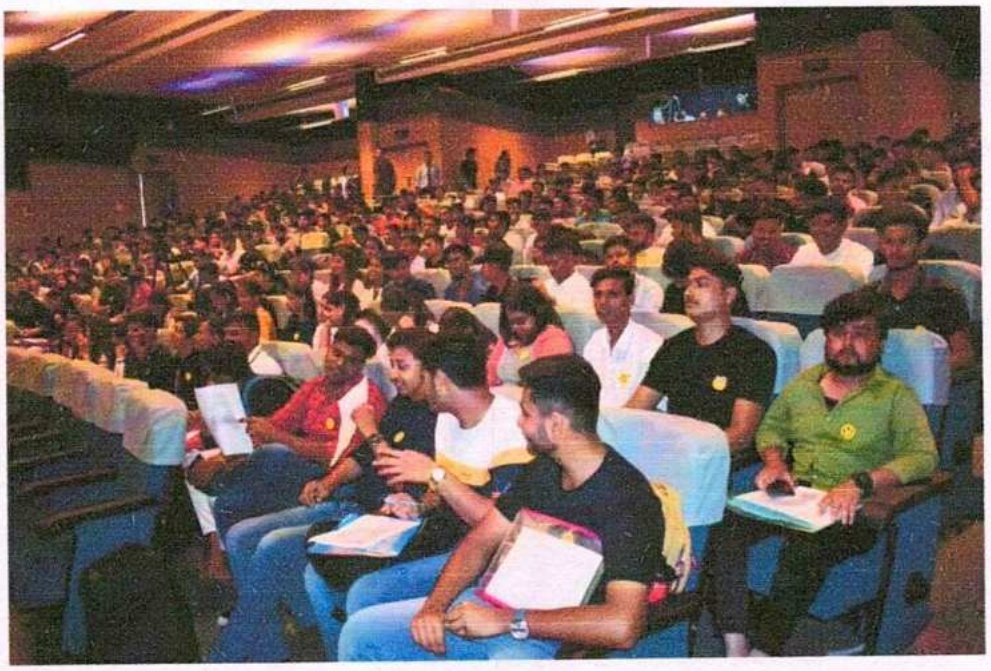
Day 1

Registration and Inauguration



The induction program started on 5th 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.

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

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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.

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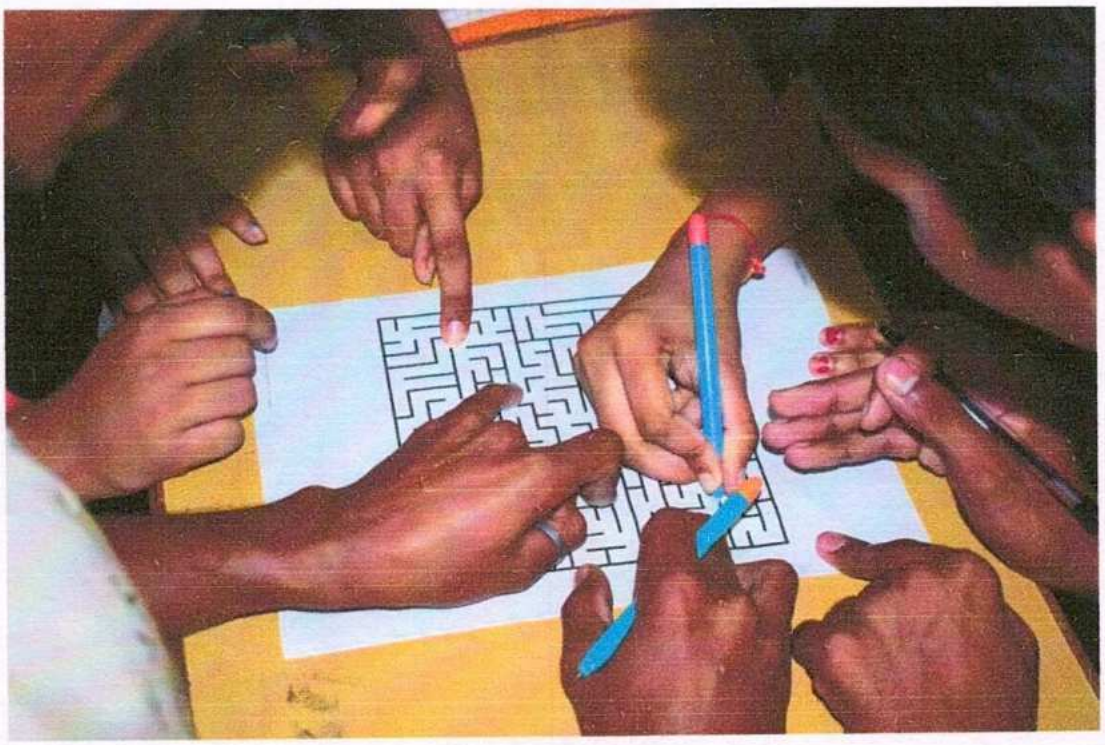

Students playing the puzzle-solving game

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.

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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.

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Water Relay as a part of team building and leadership activities

The outcome of Team Building and Leadership Activity

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DAY 3

Model Making Competition

As part of the student induction program, the Model Making activity was organized on the 3rd 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.

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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.

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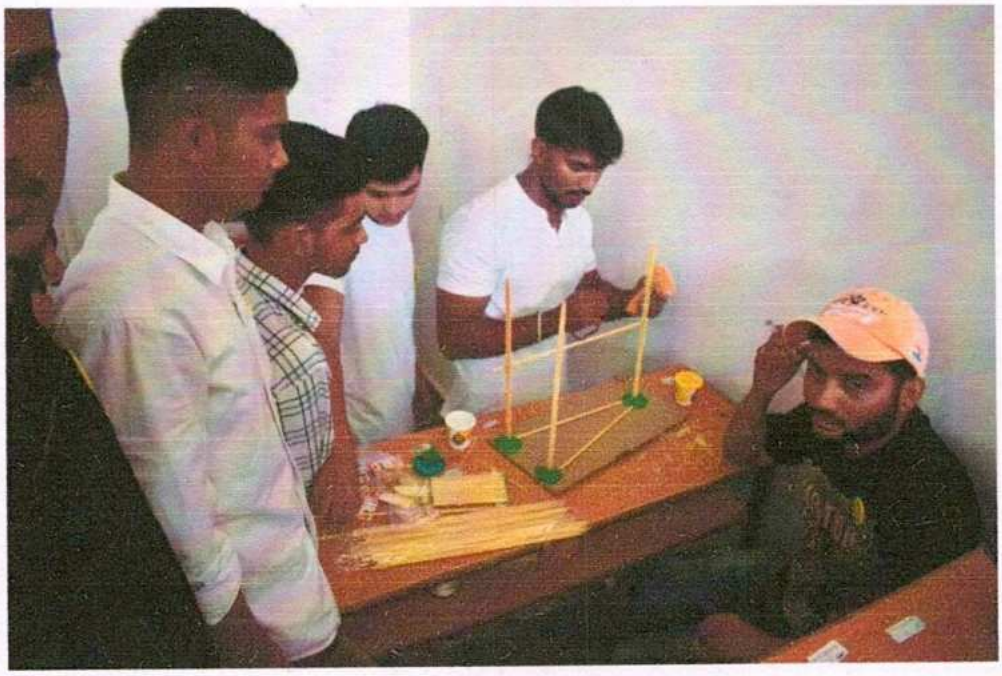

This activity was designed as a group fun activity where 10-15 members of students worked together to achieve a common goal and respective objective under different teams **as A, B, C, D, E, F, G, H,& I.**

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

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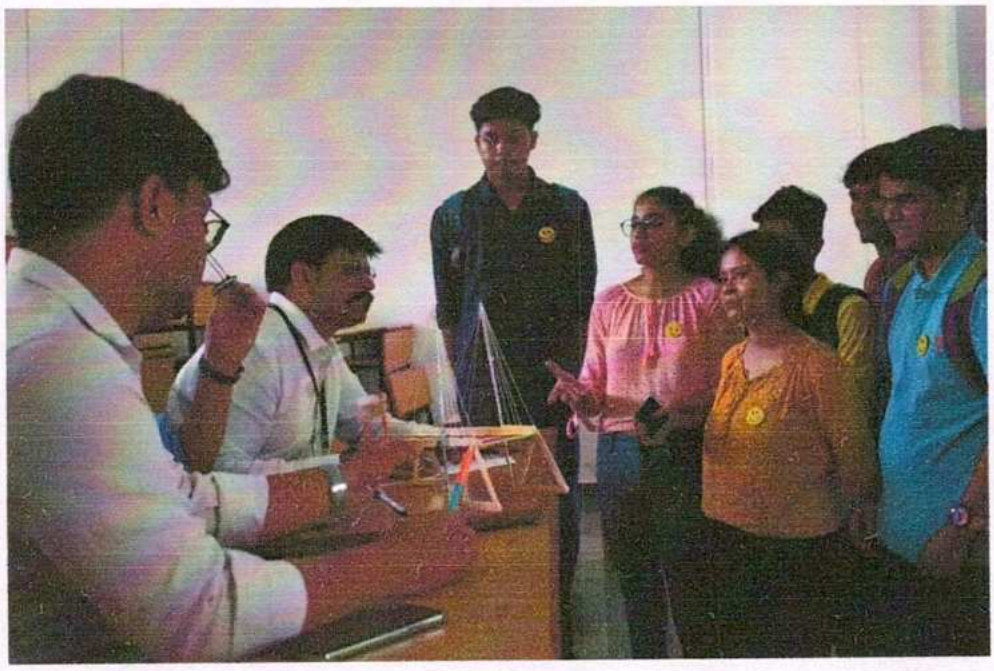
presentation of the models made by the students is also judged and evaluated. These events develop critical thinking skills in the students, by providing them with a fun-filled activity-based learning time.



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.

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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.

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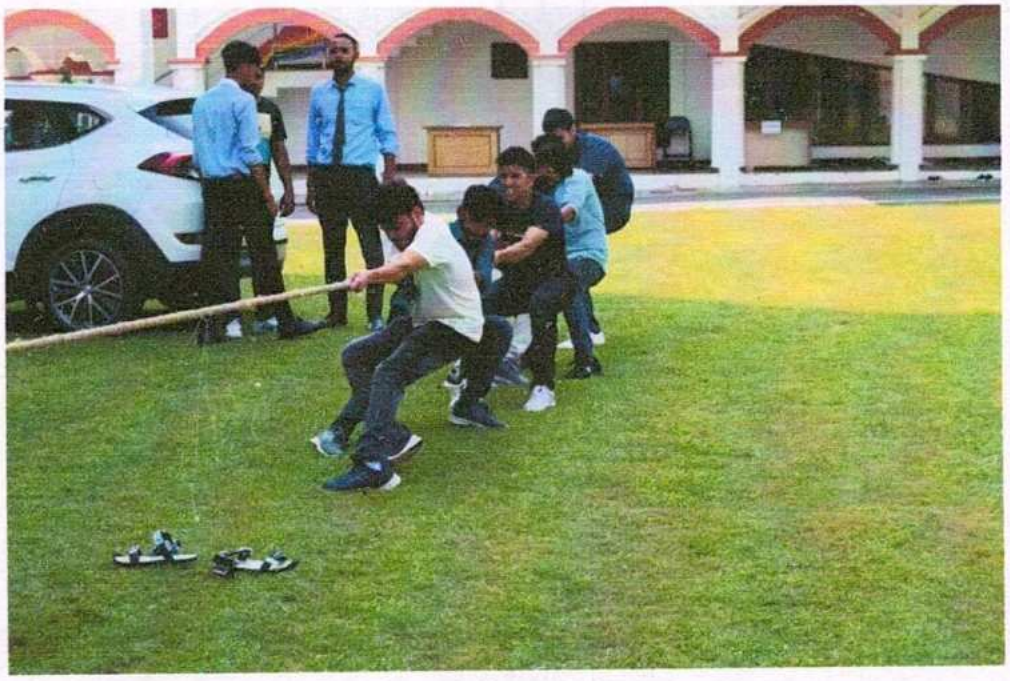

Students participating in the tug-of-0war challenge

Ice Breaking activites

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Ice Breaking activities

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Day 5

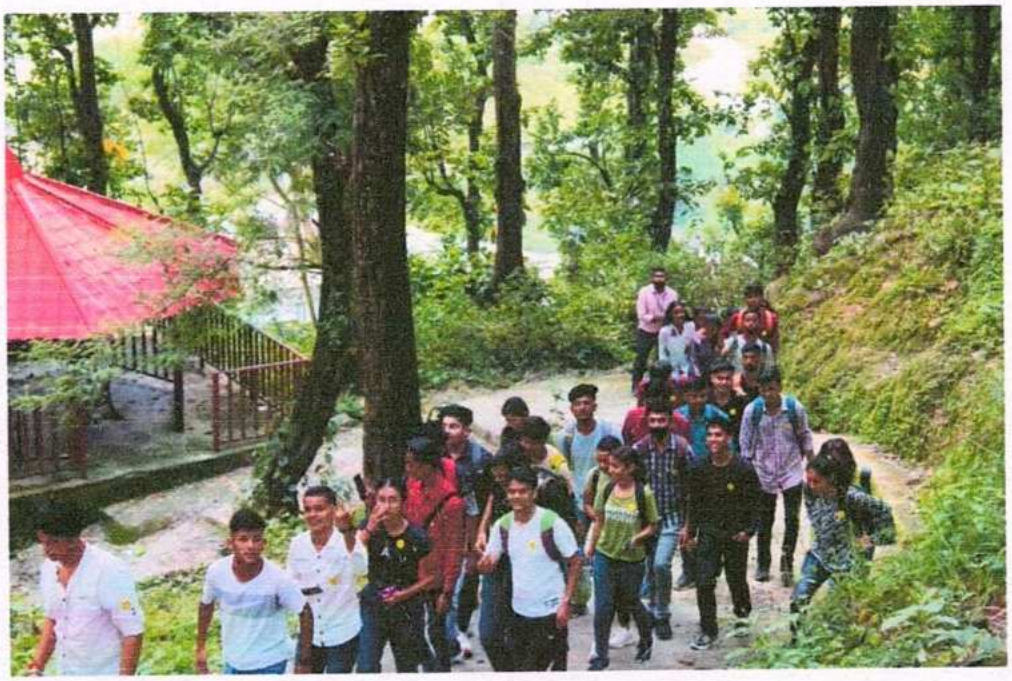
Santala Devi Trek with a Cleanliness Drive: A Rewarding Challenge

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

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Cleanliness Drive by the 1st year students

Trekking and cleanliness drive by the students during Induction

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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.

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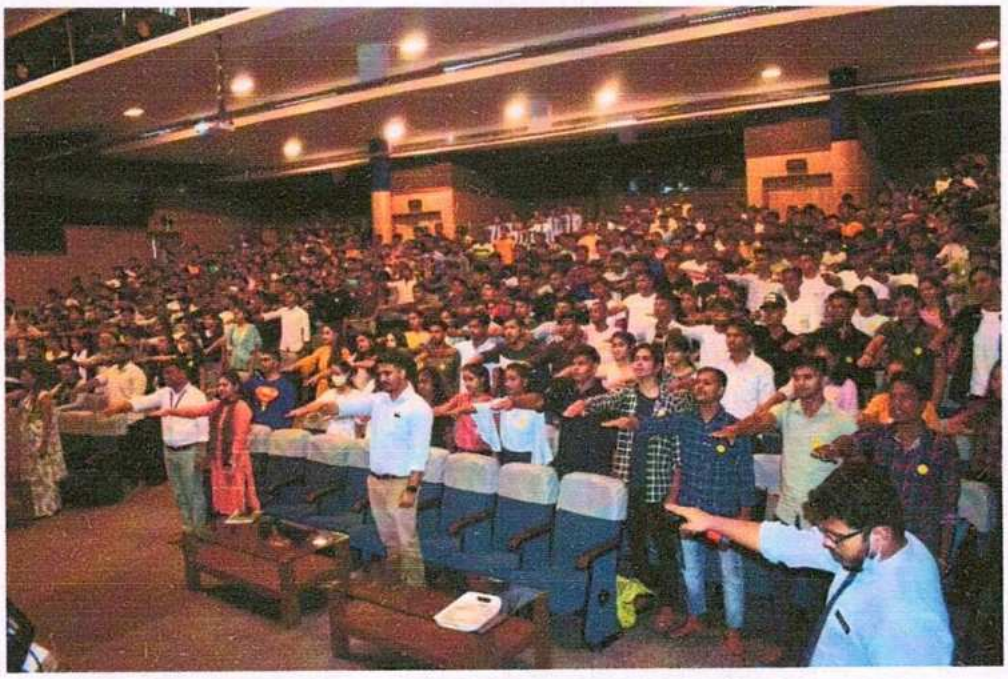

Students taking pledge

Students listening to the lectures

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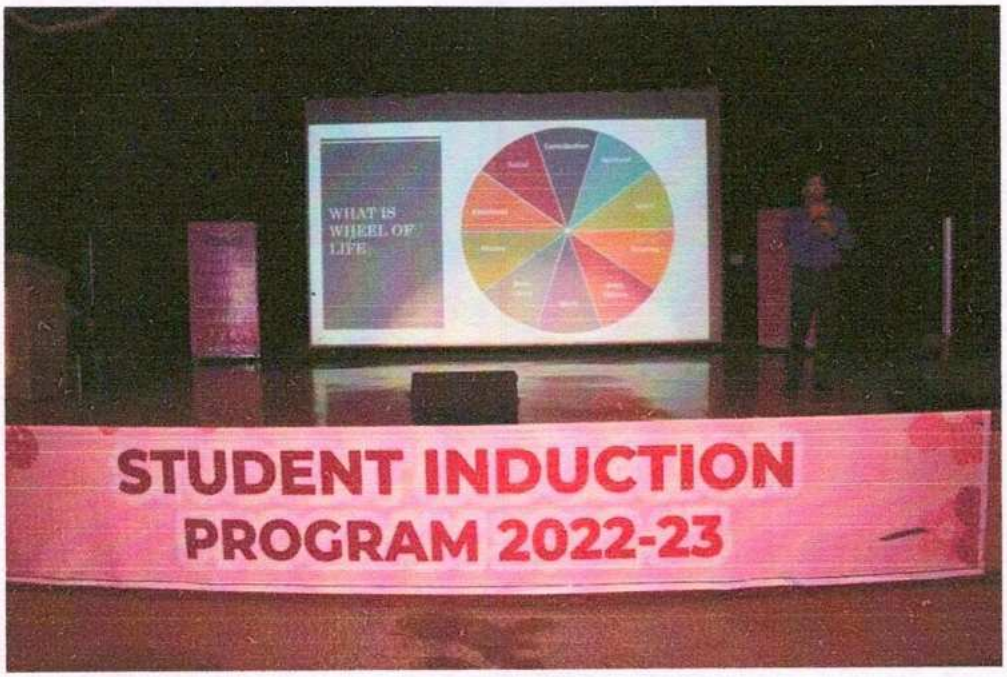
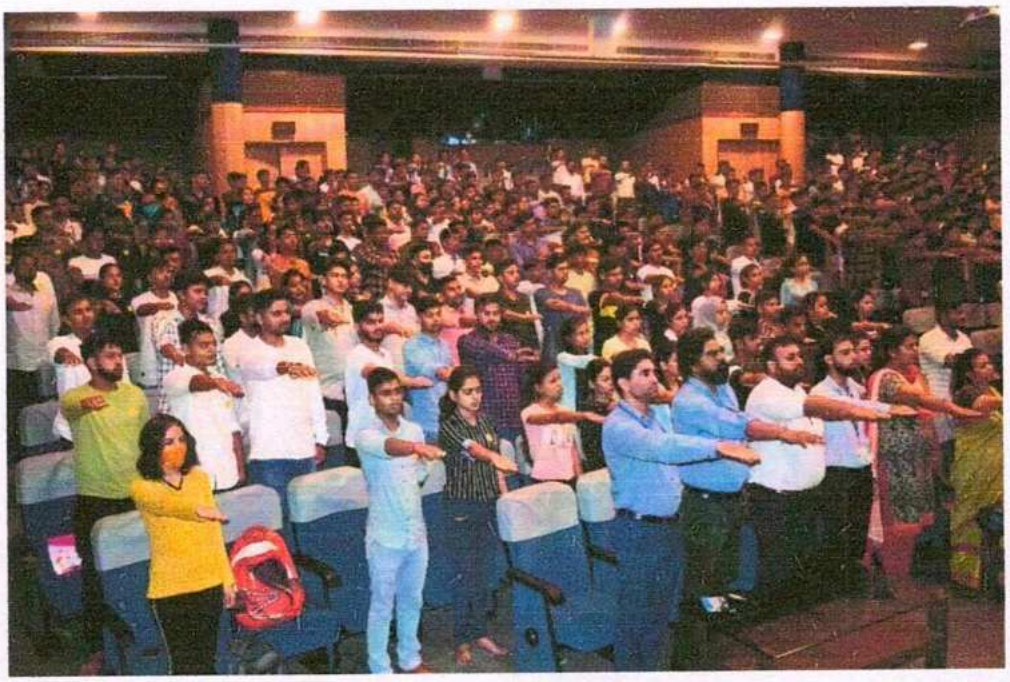


Presentation about the wheel of life



Studenta dn faculties taking pledge

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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.

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Students doing painting

Students doing painting

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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.

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

Student interaction during the session

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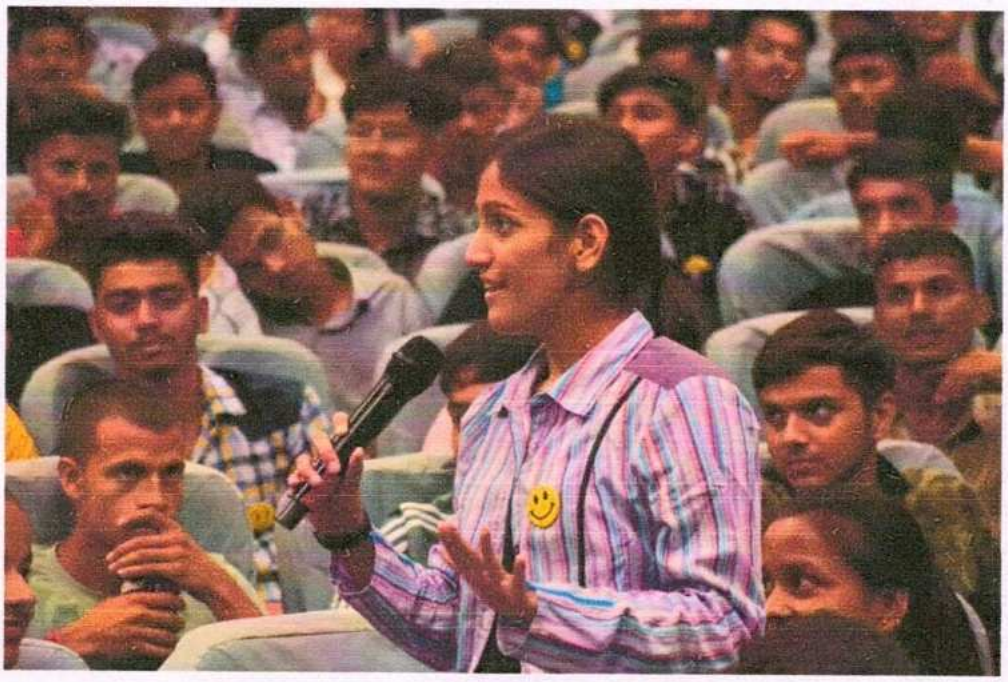
Group photograph after the event



Student asking the query

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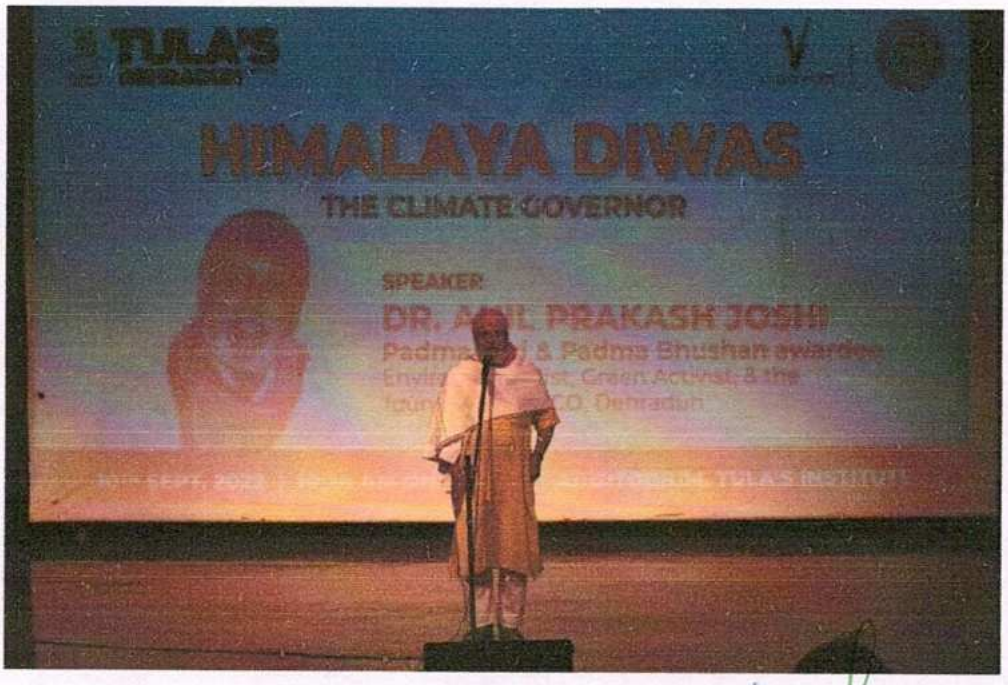
Day 9

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

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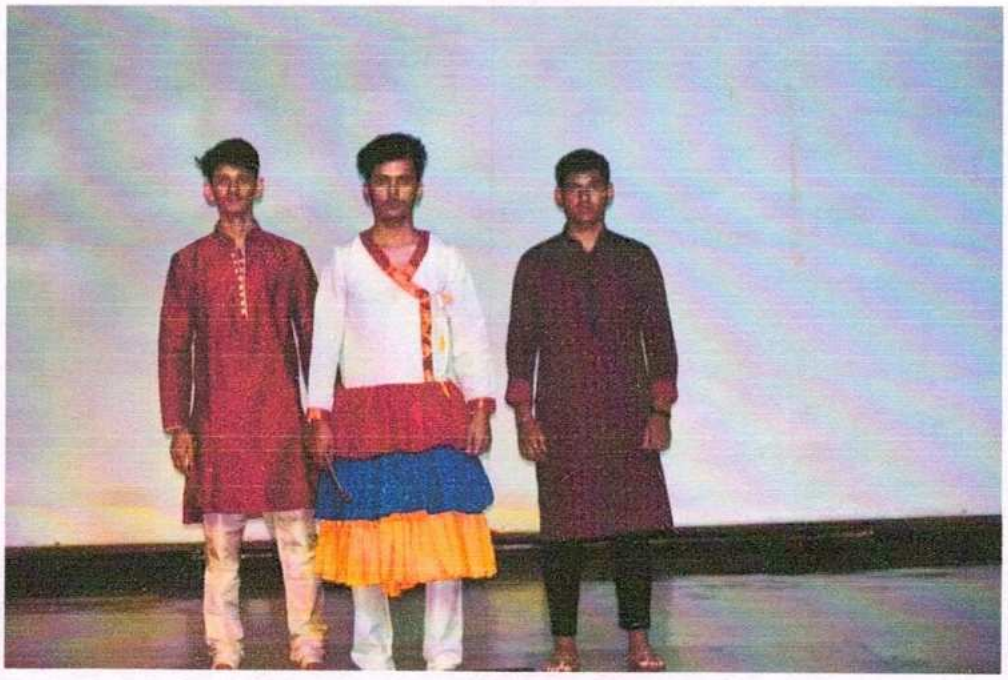

Students showing the culture of Uttarakhand and other states

Students showing Pahadi dance

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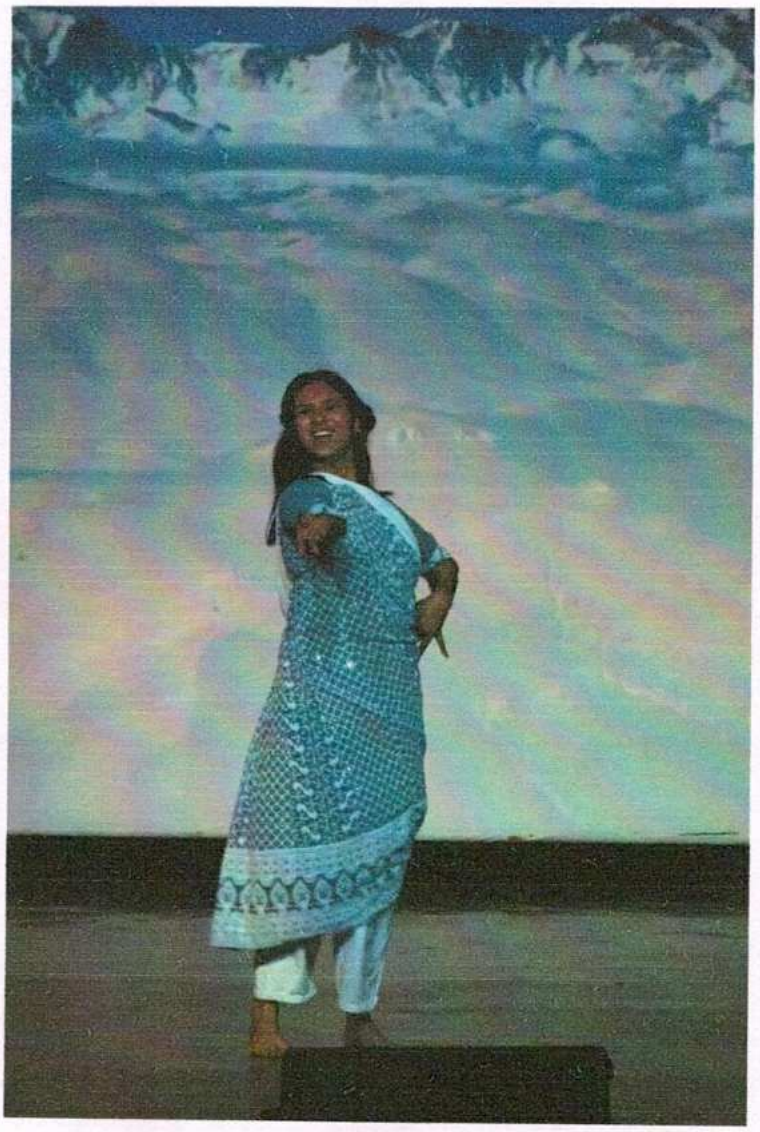

Dance performance by first year student

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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.

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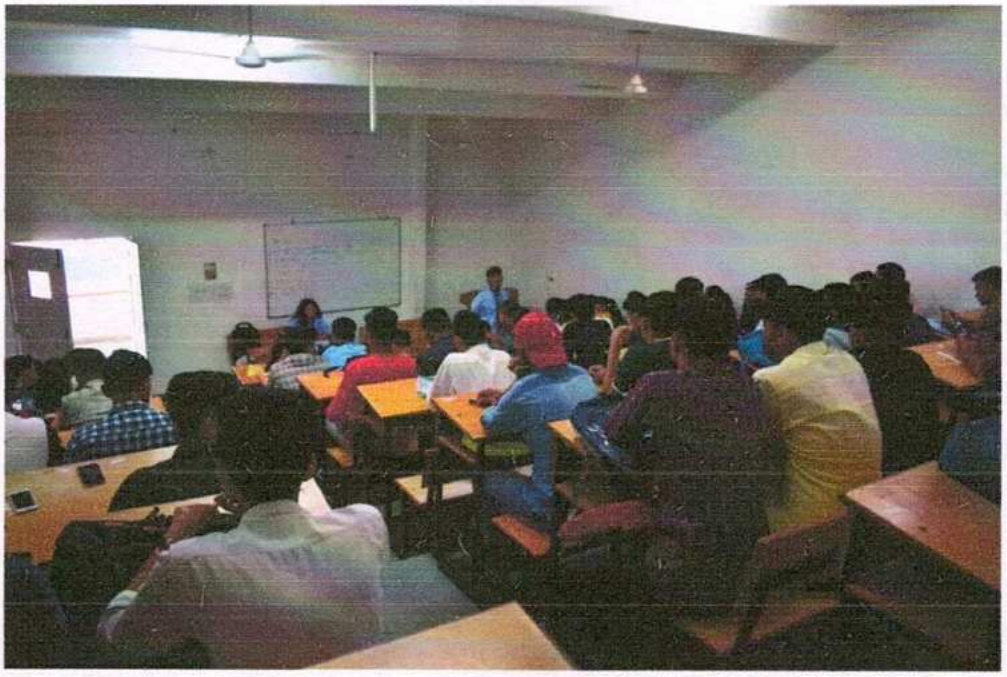

Students listening to the sessions

Students listening ot the sessions

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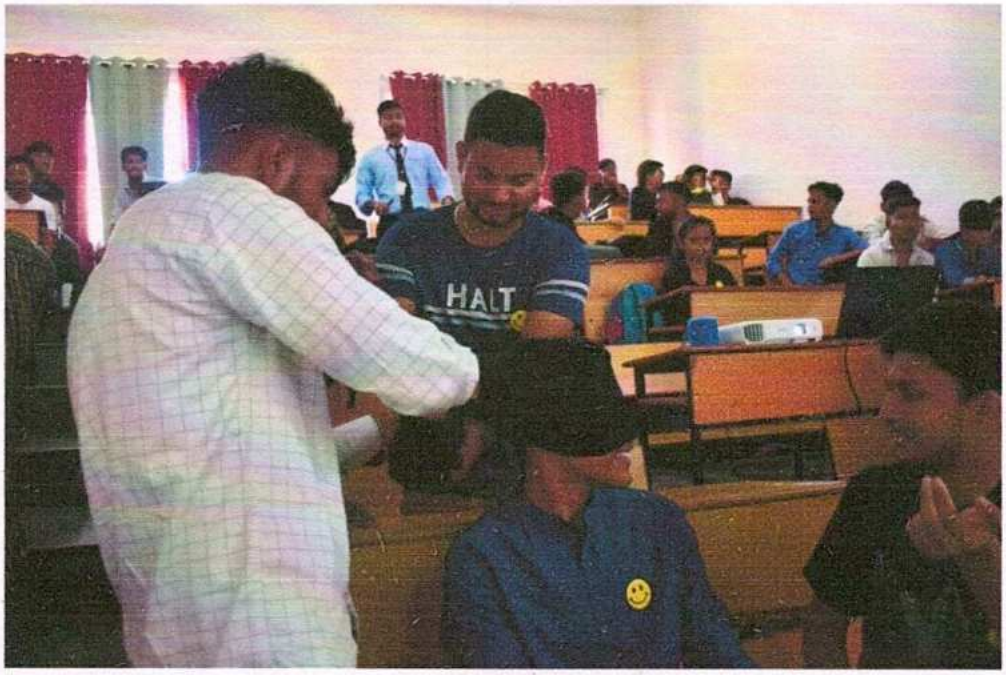
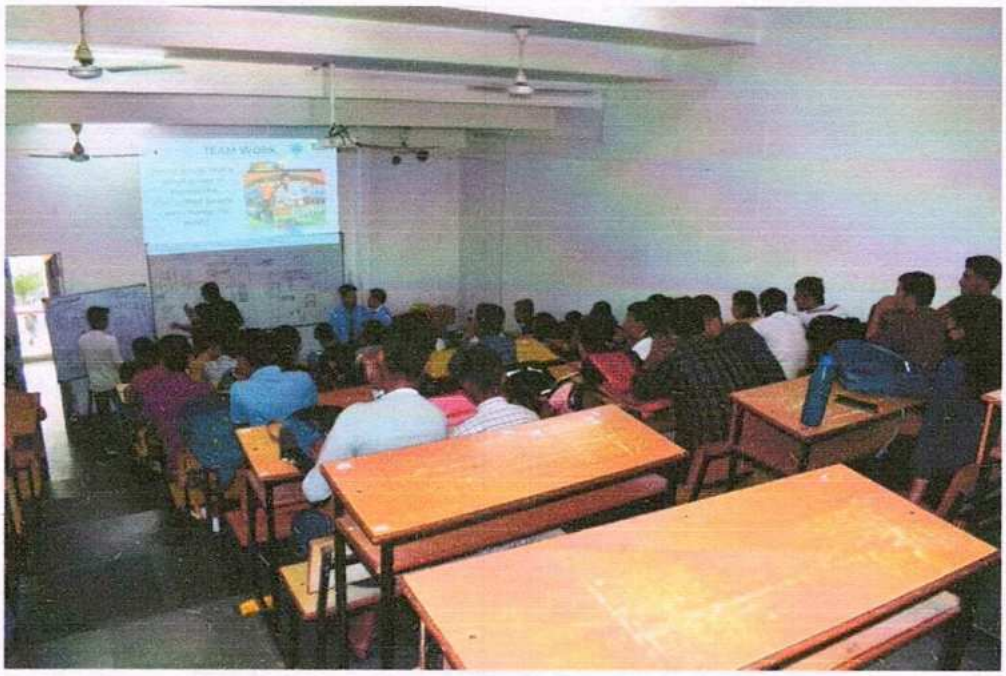


Activities during the session to make the students learn practically



Presentation on team work

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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.

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Yoga and meditation

Yoga and meditation

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Yoga and meditation

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

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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.

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Students participating the clothes donation drive

Students distributed clothes to the needy people of the nearby locality

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Clothes donation drive

Clothes donation drives was very successful as students participated enthusiastically

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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

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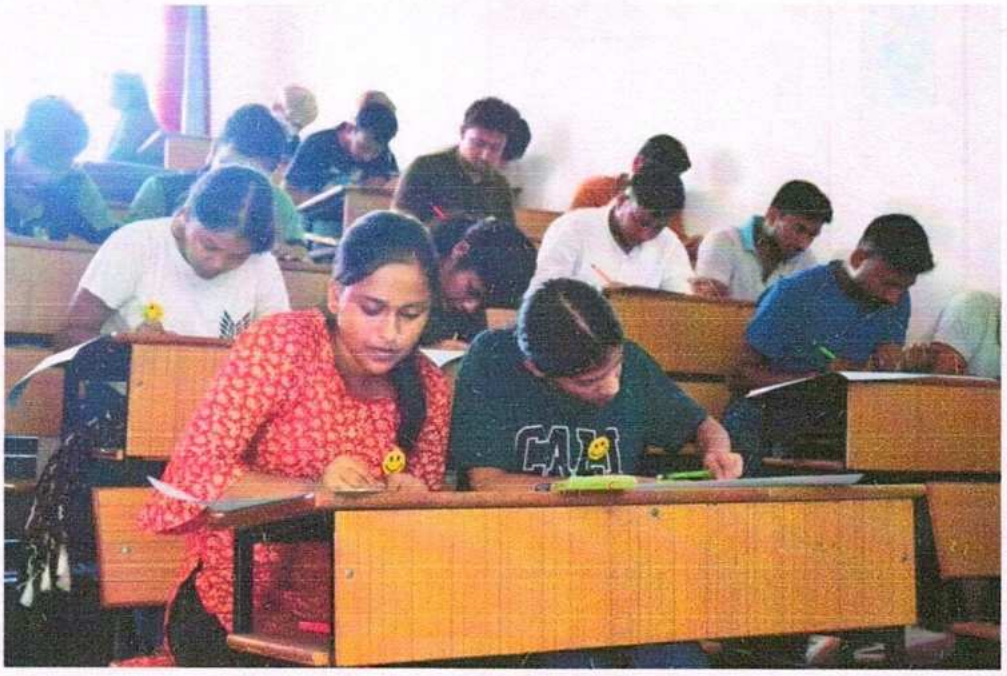

Students writing their life goals

Students attending the goal setting session

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Classroom session

Classroom session

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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.

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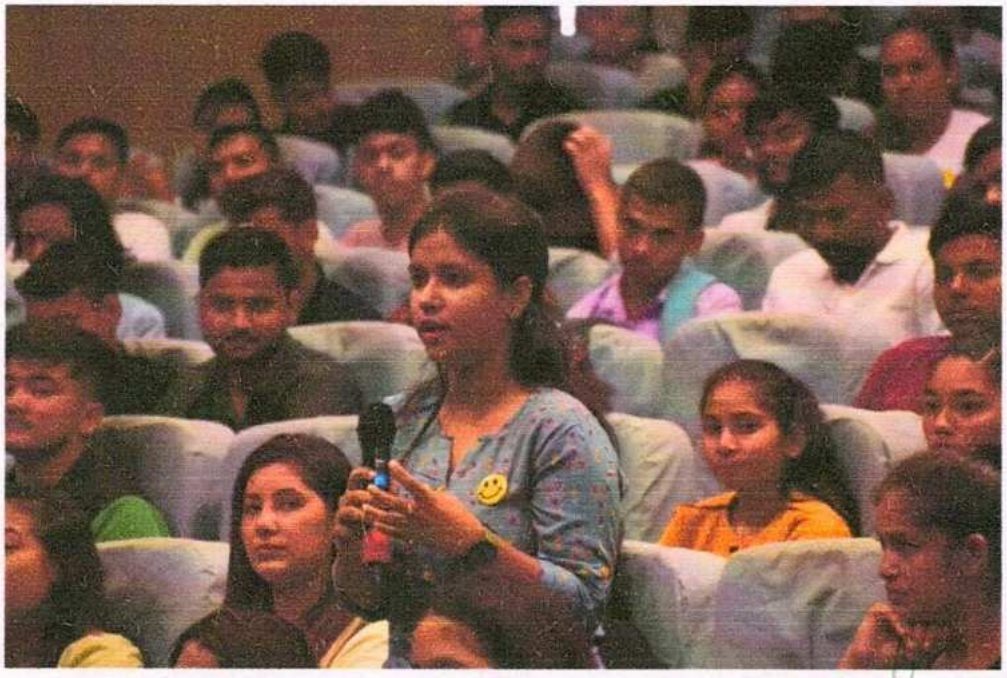
HOD of Mechanical department representing his department



Students asking about the queries

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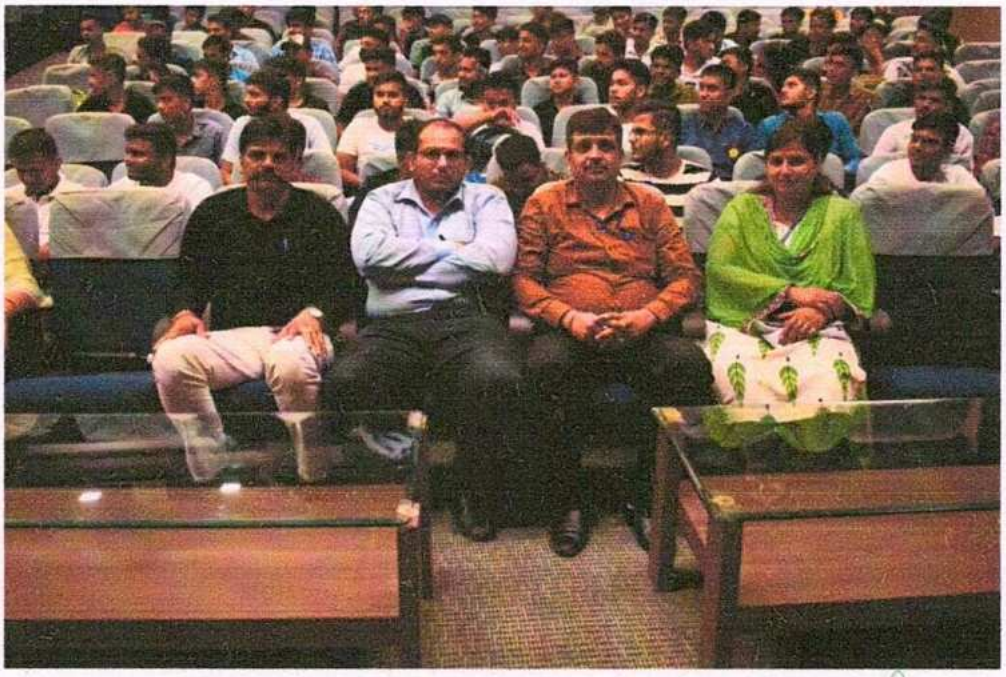
The HOD of management department presented his department



Heads of various departments of Tula's Institute

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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.

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Singing performance

Medeling performance

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Singing perfromance

Dance performance

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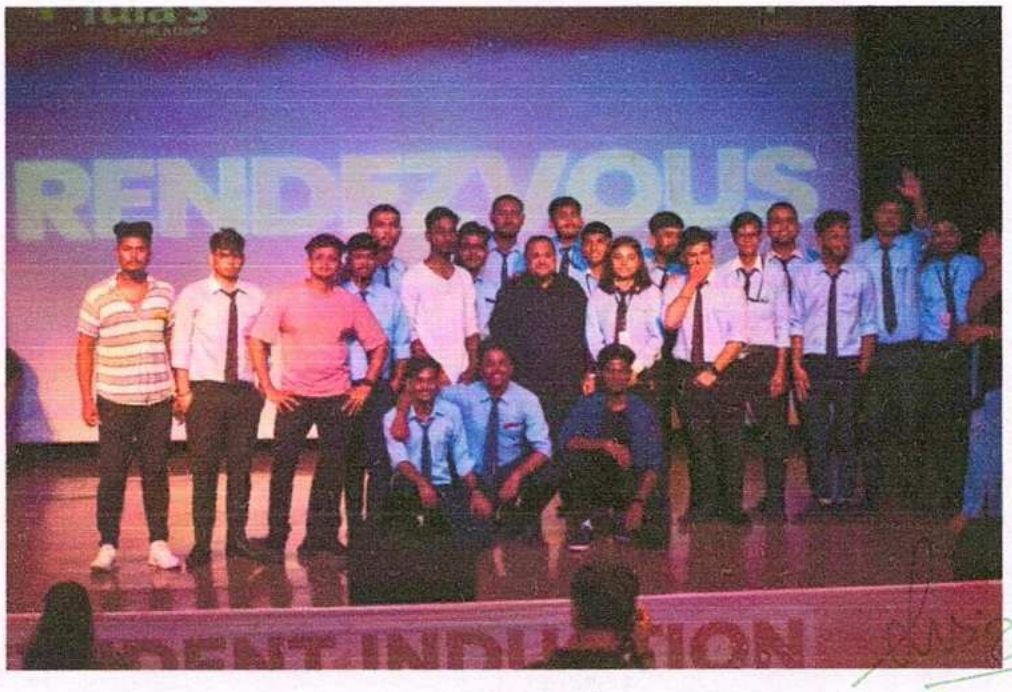
Day 18

Rendezvous with Dr. Anujj Elviss

Guest interacting with the audience during the session



Group photograph

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Session

Welcoming of the guest

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Day 19

Motivational Session with Dr. Chinu Kwatra

Student interacting with the guest

Motivational speaker Dr. Chinu Kwatra

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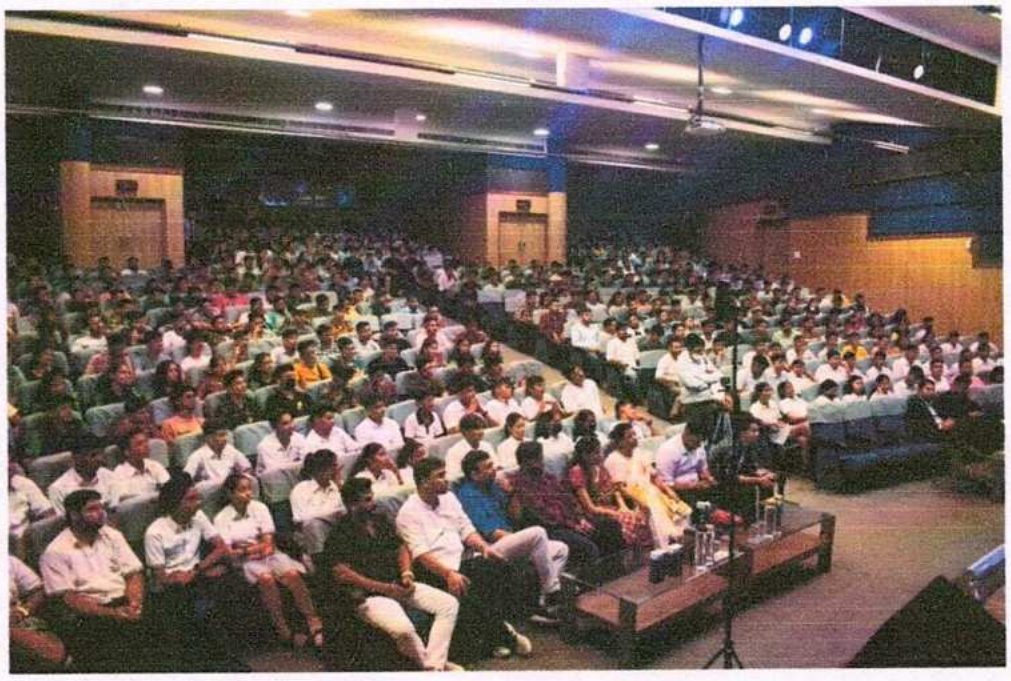
Lamp Lighting ceremony



Students and faculty memebers

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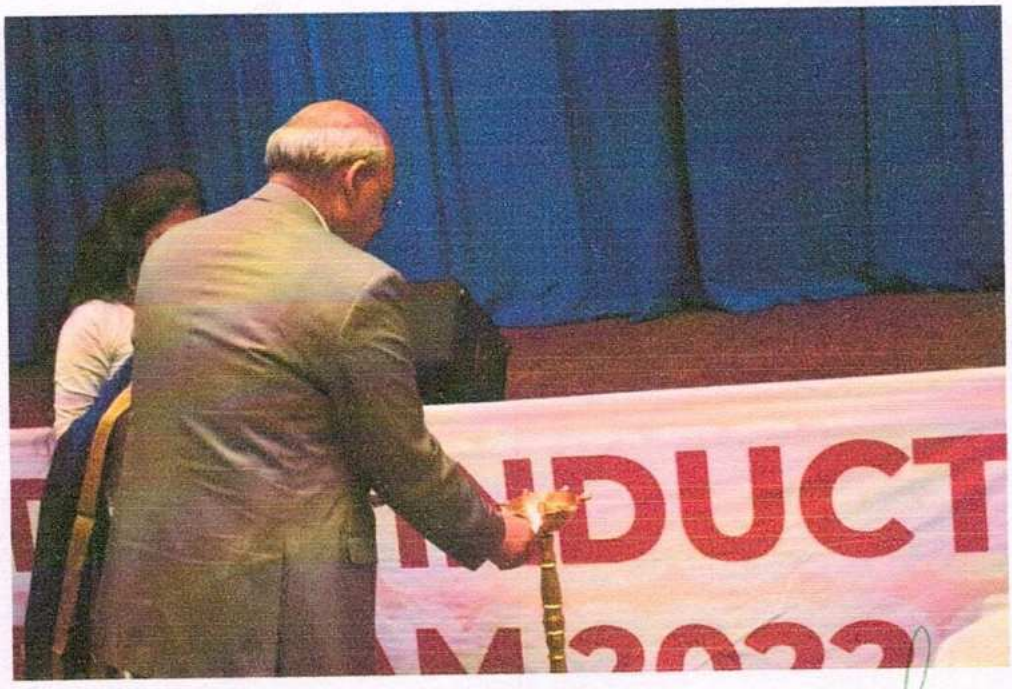
Day 20

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

Musical performance by the students



Lamp lighting ceremony

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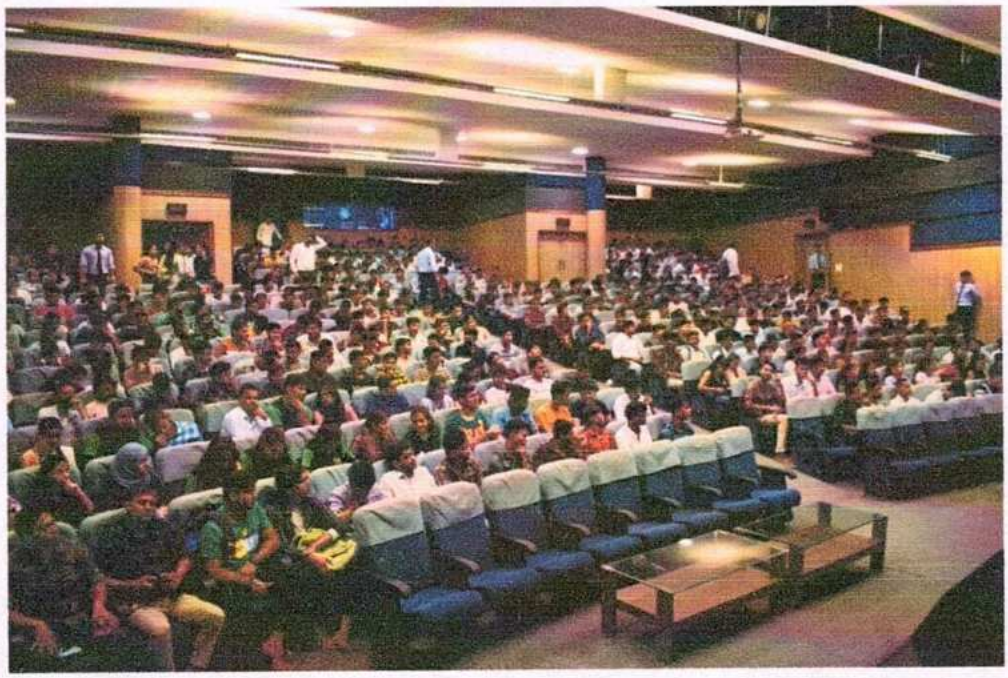
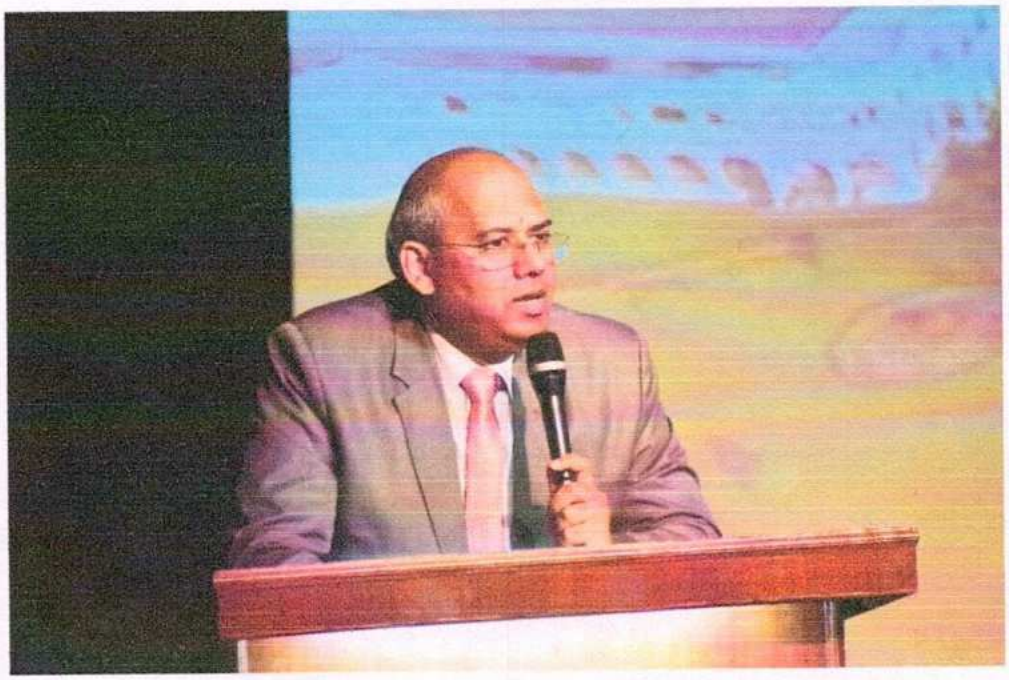


Students were listening the session



Dr. Onkar Addressing the audience

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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.

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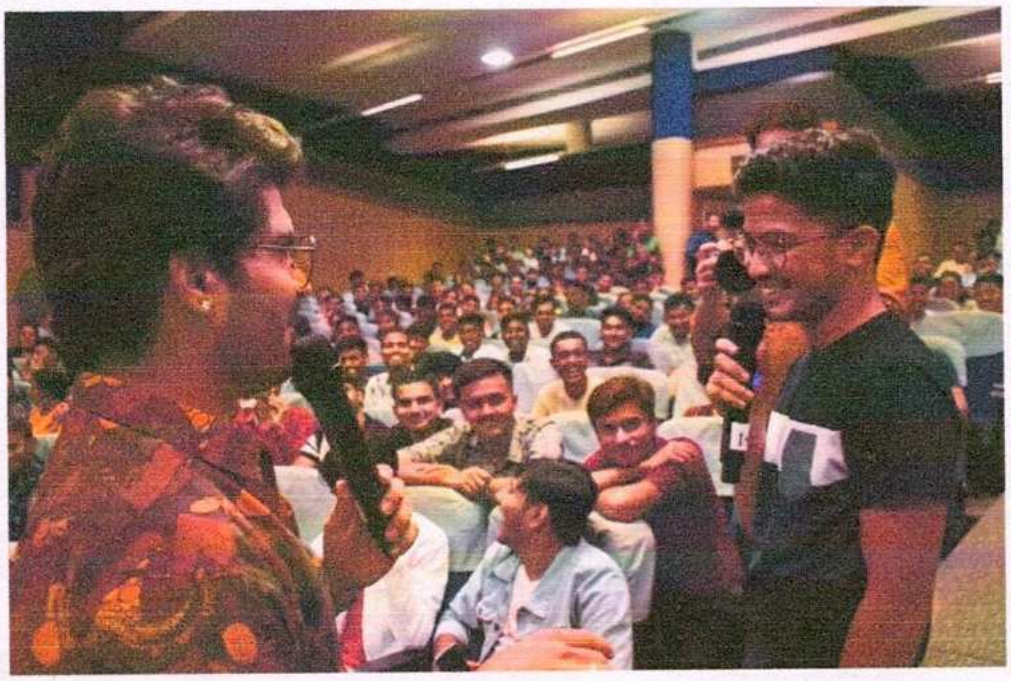
Students felicitation

Fresher 2022



Student interaction and fun games

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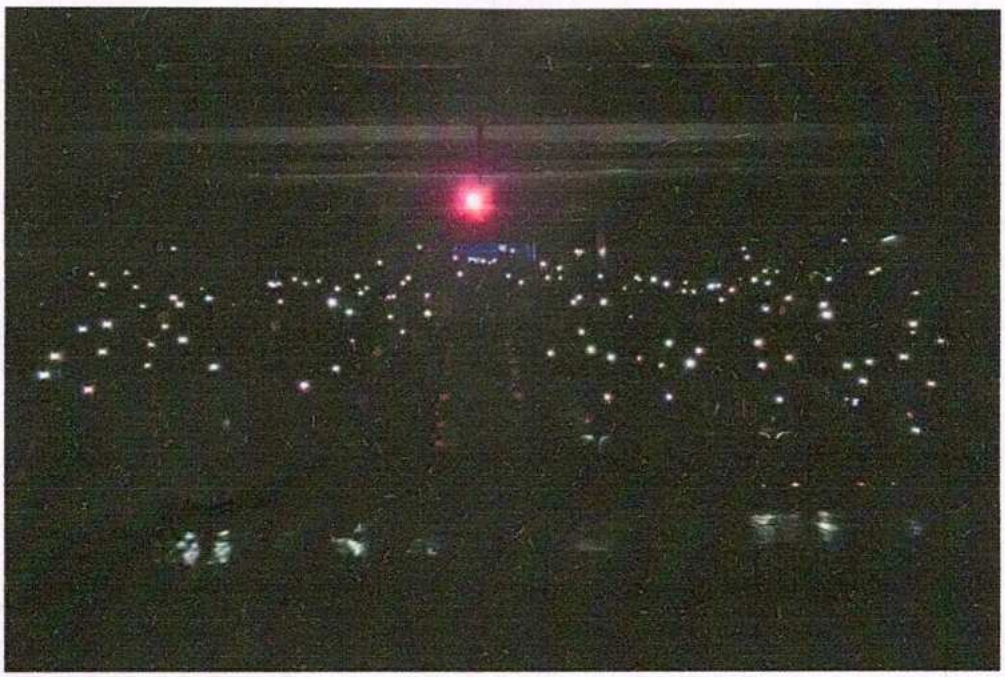

Auditorium

Mr. and Miss fresher 2022

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