

IGNITE'24

LEADS HANDBOOK

Welcome note & Ignite

Day 1 - Kumaraguru Connect

Day 2 – Know Your Department

Day 3 – Know Yourself

Day 4 – Passion & Progress

Day 5 - Health & Well-being

Day 6 – New Horizons

Day 7 – Game On!

Day 8 – Elevate

Day 9 – Steps to Innovate

Day 10 – Expertise Edge

IGNITE DAY 0 – Swagatham

THEME -1: Connect & Explore

IGNITE DAY 1 – Kumaraguru Connect (05.09.2024)				
1.1	9:00	-	10:30 AM	: Know Your Tribe
1.2	10:30	-	10:45 AM	: Break
1.3	10:45	-	11:30 AM	: Kovai Chronicles
1.4	11:30	-	12:30 PM	: Kumaraguru Legacy
1.5	12:30	-	1:30 PM	: Lunch
1.6	01:30	-	2:30 PM	: Hometown Chronicles
1.7	2:30	-	3:30 PM	: Bridge Building
1.8	3:30	-	4:00 PM	: Parallels and Distinctions
1.9	2:30	-	4:00 PM	: Campus tour
1.10	4:00	-	4:30 PM	: Reflection

IGNITE DAY 2 – Know Your Department (06.09.2024)				
2.1	9:00	-	10:30 AM	: Foundational Immersion (SFS)
2.2	10:30	-	10:45 AM	: Break
2.3	10:45	-	11:30 AM	: KCT Canvas
2.4	11:30	-	12:30 PM	: Digital Toolkit
2.5	12:30	-	1:30 PM	: Lunch
2.6	1:30	-	2:30 PM	: Scholarship & Awards
2.7	2:30	-	3:30 PM	: Bridge Building (batch 1)
2.8	3:30	-	4:00 PM	: Parallels and Distinctions
2.9	2:30	-	4:00 PM	: Campus Tour
2.10	4:00	-	4:30 PM	: Reflection

Theme – 2: Steppingstones

IGNITE DAY 3 – Know Yourself (09.09.2024)

3.1 9:00 - 10:30 AM : Snapshot

3.2 10:30 - 10:45 AM : Break

3.3 10:45 - 12:30 AM : Craft & Play

3.4 12:30 - 1:30 PM : Lunch

3.5 1:30 - 2:30 PM : Cultivating Habit

3.6 2:30 - 3:30 PM : Story Forge

3.7 3:00 - 4:00 PM : Gratitude Circle

3.8 4:00 - 4:30 PM : Reflection

IGNITE DAY 4 – Passion & Progress (10.09.2024)

4.1 9:00 - 10:30 AM : Each one Teach one (EOTO)

4.2 10:30 - 10:45 AM : Break

4.3 10:45 - 12:30 AM : Design Thinking & Problem Solving

4.4 12:30 - 1:30 PM : Lunch

4.5 1:30 - 2:30PM : SMART framework

4.6 2:30 - 4.00PM : Tech Time Travel

4.7 4:00 - 4:30PM : Reflection

IGNITE DAY 5– Health & Well-Being (11.09.2024)

5.1 9:00 - 9:45 AM : Healthy Lifestyle

5.2 9:45 - 10:30 AM : Battle of Wits

5.3 10:30 - 10:45 AM : Break

5.4 10:45 - 12:45 PM : Teen Talk (Student Support)

5.5 12:30 - 1:30 PM : Lunch

5.6 1:30 - 3:30 PM : Emotional Intelligence

5.7 3:30 - 4:00 PM : Multiverse of Twist

5.8 4:00 - 4:30 PM : Reflection

IGNITE DAY 6 – New Horizons (12.09.2024)

6.1 9:00 - 10:30 AM : Launch Pad

6.2 10:30 - 10:45 AM : Break

6.3 10:45 - 12:45 PM : Clubs and Forums Expo

6.4 12:45 - 1:30 PM : Lunch

6.5 1:30 - 4:00 PM : KCT Got Talent

6.6 4:00 - 4:30 PM : Reflection

IGNITE DAY 7 – Sports (12.09.2024)

7.1 9:00 - 10:30 AM : Sports Immersion

7.2	10:30 - 11:45 AM	: BREAK
7.3	11:45 - 4:30 PM	: Sports

IGNITE DAY 8 – Elevate (14.09.2024)

8.1	9:00 - 10:00 AM	: MIND Matters
8.2	10:00 - 10:30 AM	: Path to Sustainability
8.3	10:30 - 10:45 AM	: Break
8.4	10:45 - 12:30 PM	: ALUMNI CONNECT
8.5	12:30 - 1:30 PM	: Lunch
8.6	1:30 - 2:30 PM	: RIDE
8.7	2:30 - 3:00 PM	: Reverse Chain Challenge
8.8	3:00 - 4:00 PM	: Ideathon Phase
8.9	4:00 - 4:30 PM	: Reflection

THEME 3: Career Compass

IGNITE DAY 9 – Steps To Innovate (13.09.2024)

9.1	9:00 - 9:45 AM	: Profile Building
9.2	9:45 - 10:30 AM	: Survivor's Quest
9.3	10:30 - 10:45 AM	: Break
9.4	10:45 - 11:30 AM	: Career Progression
9.5	11:30 - 12:30PM	: Exploring higher education
9.5	12:30 - 1:30 PM	: Lunch

9.6	1:30 - 4:00PM	: Ideathon Presentation
9.7	4:00 - 4:30PM	: Reflection

IGNITE DAY 10 – Expertise Edge (14.09.2024)		
10.1	9:00 - 9:45 AM	: Aspiration Roadmap
10.2	9.45 - 10.30 AM	: Digital Horizons
10.3	10:30 - 10:45 AM	: Break
10.4	10:45 - 12:30 AM	: Innovative pathways
10.4	12: 30 - 1:30 PM	: Lunch
10.5	1:30 - 2:30 PM	: Brigade Portrait
10.6	2:30 - 3:00 PM	: Reflection
10.7	3:00 - 4:30 PM	: Welcome Performance

Expectations for Leads, Co-Leads, and Marshalls:

1. **Dress Code:** Leads are required to wear formal attire throughout the program.
2. **Reporting Issues:** Any issues or concerns encountered during the program must be promptly reported to the core team.
3. **Team Supervision:** Leads are responsible for staying with their assigned brigade throughout the day, ensuring all tasks assigned to the students are completed.
4. **Daily Debrief:** A daily debrief will be held, either online or offline, to discuss the events of the day. Attendance is mandatory.
5. **Team Focus:** Leads should avoid interaction with students from other brigades and remain with their team for the entire day.

6. **No External Involvement:** Leads must not involve their friends or peers in their brigade's activities.
7. **Attendance:** Leave during the program is strictly prohibited. Leads must be present every day of the program starting Monday.
8. **Regular Updates:** Leads are required to update the core team every two hours regarding the status of their brigade.
9. **Continuous Presence:** Leads must ensure their continuous presence and active involvement throughout the program.

Expectations from Freshers to be instructed:

- Be optimistic and open-minded as you enter the KCT campus for a new journey of learning, changes, and growth.
- Get along and follow the instruction given by your brigade leader, Co leader and associate and be a part of all the events throughout the programme. Active participation and learning can be your key motive throughout the programme.
- Actively contribute and support your peers to create an outstanding team by staying focused and minimizing distractions.
- Lookout to forge bond with new people, new challenges, new opportunities, and with new friends.
- Mobile Phones and other gadgets can be used during the break.
- To ensure team spirit and unity, Encourage inclusive collaboration among all members.
- Absence from the event, except in cases of emergency, will not be appreciated.

Day 1:

Kumaraguru Connect - குமரகுருவின் இணைப்புகள்

Know Your Tribe	09.00 AM – 10.30 AM
Break	10.30 AM – 10.45 AM
Kovai Chronicles	10.45 AM – 11.30 AM
Kumaraguru Legacy	11.30 AM – 12.30 PM
Lunch	12.30 PM – 01.30 PM
Hometown Chronicles	01.30 PM – 02.30 PM
Bridge Building (Batch 2)	02.30 PM – 03.30 PM
Parallels and Distinctions (Batch 2)	02.30 PM – 04.00 PM
Campus Tour (Batch 1)	02.30 PM – 04.00 PM
Reflection	04.00 PM – 04.30 PM

Know Your Tribe (Activity)

Description:

The young minds will display snippets of their lives, interests, and passions, revealing unique facets of their personalities in an exciting, rapid-fire networking experience. Additionally, they will create self-portraits, offering a creative reflection on their identities and embracing their individuality.

Objective:

- Create a friendly and supportive environment.
- Show others who you are and what drives you.
- Share your background and interests.

Instructions for leads:

An Activity to Encourage Interaction and Help Leads and Students get to Know Each Other

- **Leads introduce yourselves** along with the various positions you hold, your achievements, and the clubs and forums you are part of.
- **Ask the students to introduce themselves.**

Basic things to be covered: Name, where they come from, which department they have chosen here and why? They can also include hobbies, interests, and anything else they want to convey.
- **Compulsory for all** – kindly encourage everyone to speak up.

In-Class Activity:

Creating a Self-Portrait

- Space for the students to describe themselves through art.
- Draw a picture that best represents them, highlighting their personality, interests, or passions!
- If time permits do in class or at home.

Kovai Chronicles:

Description:

An opportunity to immerse oneself in the rich history, vibrant culture, and enduring legacy of Coimbatore with this engaging session.

Objectives:

- Explore Coimbatore's significant historical events.
- Highlight the city's major social and economic milestones.
- Share insights on the top places to visit in and around Coimbatore.

Instructions for Leads:

- Present the given ppt in class.
- Especially Encourage day scholars, to talk about what's special in Coimbatore.
- Ask for prime spots to visit and any interesting stories about Kovai.

In Class Activity:

Coimbatore Word Scramble - a fun Coimbatore themed Word Scramble.

Coimbatore Word Scramble

Unscramble the following words related to Coimbatore's landmarks, culture, and history.

RRUPE -

OVAIK KTUMRALA -

ORKBOSEFILD -

AAMKDKU KELA -

GIYODIA -

TANIAKITA -

AREC SUEORC -

ILGIRILAVEN SILHL -

ADLHARUMMIA

{Perur, kovai kutralam, Brookfield's, Ukkadam lake, Adi yogi, Anaikati, Racecourse, velliangiri hills, Marudhamalai, Singanallur}

- Read out answers in the end and ask for the highest marks, appreciate.

Kumaraguru Legacy:

Description:

As students begin their journey at Kumaraguru Institutions, this session offers an in-depth exploration of the campus community's history and evolution. It highlights the institution's rich legacy, core values, and distinctive culture, providing a full introduction to what makes Kumaraguru unique.

Objectives:

- To provide students with a comprehensive understanding of the culture and values of Kumaraguru Institutions.
- To equip students with the knowledge and resources needed to thrive academically and personally.

Instructions for Leads:

- Explain about Kumaraguru's legacy.
- Be sure to mention:
 - Motto: "Character is Life"
 - 40 years of Kumaraguru
 - The various departments, clubs, and forums
 - Notable alumni
 - How Kumaraguru has influenced your life
- Play the video sent to you.

Hometown Chronicles

Description:

Hometown Chronicles explores how individuals connect to shape their urban environment. It encourages residents to reflect on their impact and experiences within the city's evolving landscape.

Objectives:

- To understand ways in which connect with their city.
- To show how residents both shape and are shaped by the city's influence.

Instructions for leads:

Ask them to describe a famous landmark, tradition, or cultural icon that is significant to their hometown without revealing its location. Their peers will try to guess where it's from based on their description.

Comfort them by explaining how KCT and its hostels eventually become a home away from home

Parallels and Distinctions (Batch 2)

Description:

Explore how shared goals and unique traits enhance collaboration in this session, which highlights common grounds and celebrates diversity. Participants will engage in activities that value both unity and individuality.

Objectives

- Identify shared goals and values to unite the group.
- Recognize and appreciate individual strengths and unique traits.
- Enhance teamwork by leveraging both commonalities and uniqueness.

Instructions for Leads:

- Split into teams of 5 and ask the students to discuss the common traits shared by the team members.
- Also, ask for the unique qualities that each person possesses.

Activity:

Stand Up If – The members stand up in response to statements to show what they have in common with others or what makes them unique.

Ask a series of questions like "Stand up if you are a cricket player," then progress to more specific questions like "Stand up if you are a state player," so that the answers move from commonalities to the unique traits of a person.

Bridge Building (batch 2)

Description:

Bridge Building is an interactive session designed to foster collaboration and teamwork among students. Participants will engage in challenges that emphasize creative problem-solving and effective communication to construct metaphorical bridges, enhancing their ability to work together towards common goals.

Objectives:

- Foster teamwork and collaboration.
- Enhance creative problem-solving skills.
- Improve communication and coordination.
- Encourage innovative thinking.

Instructions for leads:

- Students must be split into teams, and each team will be given 20 spaghetti sticks and clay.
- The teams will have to build a tower using the given materials.
- The team with the tallest tower wins.
- If time permits after completion, do tests like wind and weight tests and choose the best team.

In class Activity:

Bridge Building - Collaborative activity where you work together to create a bridge using given materials, fostering teamwork and problem-solving skills.

Campus Tour: (Batch2)

Description:

A walkthrough of the campus through a guided tour of key locations, offering participants valuable insights into the college's history, culture, and community. This experience will help them feel more connected and confident as they embark on their journey at the institution.

Objectives:

- Introducing students to key areas of the campus.
- To familiarize new students and visitors with the campus layout, facilities, and key locations
- Ensuring they feel comfortable and informed about their unfamiliar environment.

Instructions for leads:

- Leads and Co-Leads must ensure that students are taken around campus for their campus tour.
- Please ensure that the given timings are met without fail.
- Each brigade will stop and explain at 4 hotspots of the tour.
- The remaining parts of the campus will be explained as the brigade walks from one hotspot to the next.
- Hotspots: A) Resource Recovery Park B) Sewage Treatment Plant C) Orb D) Ahimsa Vanam
- Schedule will be shared soon.

In Class Activity:

Magic Vision - Participants explore key campus locations and envision improvements or additions, such as new facilities or artwork, then share their ideas to spark creative discussions at the tour's end.

Note:

*Students will participate in the campus tour on Day 1 and Day 2 in a batch-by-batch basis.

JOURNALING

Make the students to write the reflection part and ensure that they have expressed their thoughts about the day.

(The same must be followed for all the days)

SELF – PACED LEARNING

Activity 1

Icons of Coimbatore

Students will discover the influence of notable individuals from Coimbatore, examining their contributions and impact. This assignment fosters a deeper understanding of local history and personal achievements, encouraging critical thinking and storytelling.

Activity 2

Tag Us

Remember the photos you took during the campus tour? Don't forget to share them and tag @kct_84 and @ lifeatkct!!

DAY 2

Know Your Department - உங்கள் துறையைப் பற்றி

Description:

"Know Your Department" Day provides a comprehensive overview of the tools and support essential for your success. It connects you with key resources and explores vital spaces, helping you build a solid foundation for your academic journey.

Foundational Immersion (SFS)	09.00 AM – 10.30 AM
Break	10.30 AM – 10.45 AM
KCT Canvas	10.45 AM – 11.30 AM
Digital Toolkit	11.30 AM – 12.30 PM
Lunch	12.30 PM – 01.30 PM
Scholarship & Awards	01.30 PM – 02.30 PM
Parallels and Distinctions (batch 1)	02.30 PM – 03.30 PM
Bridge Building (batch 1)	03.30 PM – 04.00 PM
Campus Tour (batch 2)	02.30 PM – 04.00 PM
Reflection	04.00 PM – 04.30 PM

Foundational Immersion (SFS):

Description:

Introduces freshers to the School of Foundational Science (SFS), providing an in-depth understanding of its core purpose, and laying a solid foundation in scientific principles and critical thinking for their academic success. Discover why SFS is vital for their journey and explore key activities such as project-based learning, which applies theory to real-world scenarios, immersive learning journeys, and the EDGE program, focusing on personal and professional growth. These opportunities will set you up for growth and success throughout your academic career.

Objectives:

- To familiarize freshers with the School of Foundational Science (SFS) and its primary goals.
- To highlight the importance of SFS as a cornerstone of their academic journey.
- To outline the activities and learning opportunities within SFS that will support their success.

Instructions to the leads:

- Make sure all students are present. Follow up with teachers to ensure they arrive for the session on time.

KCT Canvas:

Description:

It helps you map out your goals and see how they fit with KCT's offerings. This is an opportunity to match your aspirations with the diverse opportunities available at the institution.

Objectives:

- To show how personal ambitions connect with KCT's offerings and values.
- To provide a clear framework for aligning individual goals with the institution's opportunities.

Instructions for leads:

1. Every student should share their expectations of KCT.
2. Document these expectations and submit them to the core team.
3. Explain what KCT is like.

In Class Activity:

Longest Line - Instruct students to form lines based on specific criteria

(e.g., height, birthday month).

This encourages communication and teamwork as they work together to arrange themselves quickly.

Instructions for leads:

- Ask the students to arrange themselves in a straight line based on various criteria (e.g., height, birthday month, etc).
- Students cannot talk to each other while arranging themselves in lines.

Digital Toolkit:

Description:

A digital toolkit is a set of online tools and resources that help with different tasks. It gives you practical expertise and access to essential software, apps, and guides for effective work.

Objectives:

- To provide practical tools and resources for various tasks.
- To offer easy access to essential software and guides.
- To enhance efficiency and effectiveness in digital work.

Instructions for leads:

- Explain to the students about the various digital platforms frequently used within the campus, such as My Camu, Teams, Outlook.
- If students face any kind of login issues, Leads & co leads kindly help them.
- If you face the same issue, Leads can also inform core team during debrief meeting

Scholarship & Awards:

Description:

Students will be encouraged to participate in a range of initiatives and activities aimed at boosting their personal and professional growth. Additionally, they will be informed about the various scholarships, awards, and opportunities available to support their development.

Objectives:

- Raising awareness about the awards and recognition offered by the institution.
- Encouraging students to participate in national and international events.

Instructions for leads:

- Explain to the students about the various scholarships available on campus.
- Ensure that students are aware of the recognition awards given, such as achievers' awards and awards for participation in National and International Events.
- Reference link for scholarships: [Scholarships](#)
- MG scholarship award, Recognition award during Independence Day and Republic Day, Achievers Award.

Parallels and Distinctions (Batch 1)

<refer to the content on day1 >

Bridge Building (Batch 1):

<refer to the content on day1>

Campus Tour (Batch 2):

<refer to the content on day1>

SELF – PACED LEARNING

ACTIVITY 1

Capture Your Dream - My Bucket List

Students are invited to share their aspirations and goals for their first year, outlining the dreams they hope to achieve .

Leads should ensure the completion of handbook.

ACTIVITY 2 – READ

MODULE – 2

Steppingstones - நமக்கான வெற்றி படிகள்

Students identify their unique strengths, interests, and values through interactive activities and self-reflection. Guided self-exploration, practical tools, and self-evaluations are used to drive personal development. Sports Immersion allows students to engage in diverse athletic activities, developing skills, teamwork, and exploring new sports while staying active and building a sense of community.

Day	Theme
09/09/2024	Know yourself
10/09/2024	Passion & Progress
11/09/2024	Health & well being
12/09/2024	New Horizons
13/09/2024	Sports Immersion
14/09/2024	Elevate

DAY 3 - Know Yourself - உங்களை பற்றி

Description:

Day of self-discovery and expression, encouraging freshers to capture their journey, display their individuality, and engage in thoughtful discussions. This experience is designed to highlight personal growth and creativity.

Snapshot	09.00 AM – 10.30 AM
Break	10.30 AM – 10.45 AM
Craft & Play	10.45 AM – 12.30 AM
Lunch	12.30 AM – 01.30 PM
Cultivating Habit	01.30 PM – 02.30 PM
Story Forge	02.30 PM – 03.30 PM
Gratitude Circle	03.30 PM – 04.00 PM
Reflection	04.00 PM – 04.30 PM

Snapshot

Description:

Snapshot is a blend of striking visuals and heartfelt stories. This beautifully designed collection offers a personal glimpse from the student's past into cherished memories and passions, making it a visually and emotionally enriching addition to any space.

Objectives:

- Share personal stories and experiences.
- Combine engaging visuals with narrative.
- Provide insight into the author's life.
- Offer a meaningful and intimate experience for readers.

Instructions for leads:

- Students must create a pictorial representation with minimal readings of who they are so that others can see. Almost like a pictorial CV/ Resume.

In Class Activity:

SWOT Analysis

SWOT Analysis is a tool that helps you identify your strengths, weaknesses, opportunities, and threats. It guides you in making strategies to build on your strengths, improve weaknesses, take advantage of opportunities, and handle threats.

Instructions for leads:

1. Detail the concept of SWOT analysis and its importance.
2. Students must write down their:
 - Strengths
 - Weaknesses
 - Opportunities
 - Threats

Craft & Play:

Description:

An activity where students create origami pieces and then use their creations in a role play. It combines the art of folding paper with imaginative performance to bring their designs to life.

Objectives:

- To make origami creations and use them in a role-play.
- To let students act out scenes with their creations.
- To help students feel more comfortable performing and reduce stage fear

Instructions for leads:

- Students are split into teams and provided with newspapers.
- Teams will choose a theme for roleplay (for e.g.: Pirates of the Caribbean, Harry potter).
- Team members will work together to make origami props for use during the roleplay enactment.

In Class Activity:**Role Play -**

Students will use their origami creations as props in a role play, integrating them into their scenes to enhance storytelling. This activity combines hands-on craft with creative performance.

Cultivating Habit:**Description:**

Creating a personal profile helps track your skills, interests, and goals, while building habits helps you consistently work towards achieving them. This approach keeps you organized and focused on personal growth.

Objectives:

- Build regular habits to help you reach your goals
- Stay organized and focused
- Grow and improve over time

Instructions for leads:

- Discuss about the importance of book reading, personal management, finance, social media limitations, and journalism.
- Encourage them to develop these essential habits.

In Class Activity:

21-Day Challenge - Students will identify a habit they want to establish, commit to following it for 21 days (about 3 weeks), and articulate why this habit is important to their personal growth.

Instructions for leads:

- Explain the importance of a habit tracker and a personal profile to the students.
- Initiate the 21-day challenge and track the students' progress to ensure they are completing it.

Story Forge - Craft Your Tale:

Description:

Create and develop exciting stories with ease by using prompts and ideas that inspire captivating plots, characters, and settings. This tool is designed to ignite your imagination, making the writing process both fun and effortless.

Objectives:

- Provide prompts for characters and plots
- Make writing easier and more enjoyable
- Spark imagination and creativity

Instructions for leads:

1. Provide a prompt to start the storyline.
2. Each student will take turns to build the story using their own imagination and creativity.

Gratitude Circle - Celebrating the Good:

Description:

Participants gather in a circle to share something they are grateful for, taking turns to express appreciation for specific people, experiences, or aspects of their lives. This exercise fosters a positive and supportive atmosphere, enhancing connections and mutual appreciation.

Objectives:

- Enhance emotional well-being.
- Strengthen relationships.
- Promote a culture of appreciation and mindfulness.

Note: Inform About KCT got talent for Preparation.

Activity 1:

Snapshot

Create a three-page coffee table book that highlights a person's life journey, interests, and achievements. This book will feature beautiful images and brief stories, offering a visually engaging and meaningful showcase of their experiences.

Activity 2

HABITUAL REFLECTION

Description:

Following a session on developing positive life habits, students will reflect on their current habits, identify those they want to change, and choose new ones to adopt. They will then design a plan to achieve sustainable behavior change.

Procedure:

Based on the “Cultivating Habits” session, note down the habits you aim to develop or eliminate.

List the habits you want to build or break.

Activity 3:

Each one Teach one

Students learn a new concept or skill and then take 5 minutes to teach it to their peers, fostering shared knowledge and collaboration.

Instructions for leads:

1. Students will need to refer to articles, journals, newspapers, and research papers to learn something new from domains such as finance, technology, AI, EVs, energy, and mechanics (focusing on technical and financial domains).
2. They should be prepared to teach their peers during the EOTO (Each One Teach One) session the following day.

DAY 4 - Passion & Progress - உங்களின் ஆர்வம்

மற்றும் அதற்கான முன்னேற்றம்

Description:

A day of self-discovery and expression, encouraging freshers to capture their journey, showcase their individuality, and engage in thoughtful discussions. This experience is designed to highlight personal growth and creativity.

EOTO	09.00 AM – 10.30 AM
Break	10.30 AM – 10.45 AM
Design Thinking and Problem Solving	10.45 AM – 12.30 AM

Lunch	12.30 AM – 01.30 PM
SMART Framework	01.30 PM – 02.30 PM
SDG Goals	02.30 PM – 03.30 PM
Tech Time Travel	03.30 PM – 04.00 PM
Reflection	04.00 PM – 04.30 PM

Each one Teach one (EOTO)

Description:

In this peer learning session, students take turns presenting a topic they are knowledgeable about for 5 minutes each. This format allows participants to share their expertise and insights, fostering a collaborative environment. It promotes the exchange of ideas and provides everyone with fresh perspectives on diverse subjects.

Objectives:

- Allow students to teach a topic they know well.
- Create a collaborative learning environment.
- Encourage sharing ideas and learning from each other.
- Improve communication and presentation skills.

Instructions for leads:

- Students must explain to their peers on the new topic they have learnt from the previous day homework.

Design Thinking & Problem Solving

Description:

Design Thinking & Problem Solving teaches students how to approach challenges creatively and systematically. By using structured methods, they learn to generate innovative solutions and tackle real-world problems effectively.

Objectives:

- Enhance creativity by tackling challenges.
- Improve systematic problem-solving to find effective solutions.

Instructions to the leads:

- Take students to the given location for the session and ensure they listen promptly.

SMART framework

Description:

Learn how to transform aspirations into actionable plans using the SMART goals framework. This session guides students through setting objectives that are Specific, Measurable, Achievable, Relevant, and Time-bound. By focusing on these key elements, students will master the art of creating well-defined goals and effectively tracking their progress.

Objectives:

- Understand the SMART framework for setting effective goals.
- Learn how to create goals that are Specific, Measurable, Achievable, Relevant, and Time-bound.
- Apply the SMART framework to turn aspirations into actionable plans.
- Develop skills to define and track progress towards achieving goals.

In Class Activity:

SMART setting:

In a SMART setting activity, participants define goals that are Specific, Measurable, Achievable, Relevant, and Time-bound in the rough pages given. This helps in creating clear and actionable plans for success.

Instructions for leads:

- Debrief the students about setting goals and how SMART goals work.
- The students will then fill out the worksheet given based on SMART goals.

Tech Time Travel:

Description:

Ask students to imagine they are time travellers from the past or future. Students have to select a piece of technology/gadget, describe it, compare it to modern technology, and speculate on how it might evolve in the future.

Objectives:

- See how old or future tech stacks up against today's technology.
- Learn how technology has evolved.
- Share and discuss your ideas.

Instructions for leads:

- Leads should divide the students into group of three.
- Leads may encourage the students to choose any gadget (E.g.: TV, refrigerator) or assign gadgets to the students
- Give some preparation time and they must present how the gadget/technology was in the past, in the present and will transform in the future.

SELF – PACED LEARNING

Activity 1:

Description

Pick a book or a novel to explore innovative ideas, stories and perspectives while enhancing imaginations

Activity 2:

Description:

Students will listen to podcasts and discuss their thoughts, feelings, and the insights they have gained from the content.

Instructions for leads:

- 1) Students will have to listen to the podcasts and videos given and discuss on the same.

Day 5 - Health and Well Being -

உடல்நலம் & நல்வாழ்வு

Description:

Focuses on enhancing your overall wellness through interactive sessions and discussions. You will engage with supportive communities and explore strategies for maintaining a balanced life, ensuring a comprehensive approach to personal growth.

Healthy Lifestyle	09.00 AM – 09.45 AM
Battle of Wits	09.45 AM – 10.30 AM
Break	10.30 AM – 10.45 AM
Teen Talk (Student Support)	10.45 AM – 12.45 AM
Lunch	12.30 PM – 01.30 PM
Emotional Intelligence	01.30 PM – 03.30 PM
Reflection	4.00 PM – 04:30 PM

Healthy Lifestyle

Description:

Students will learn that a healthy lifestyle is about making daily choices that promote overall well-being. The session will cover the importance of balanced nutrition, regular physical activity, and sufficient rest, emphasizing how integrating these habits can help maintain physical health and sustain energy levels for a more fulfilling life.

Objectives:

- Understand the importance of balanced nutrition for overall health.
- Learn the benefits of regular physical activity.
- Recognize the value of sufficient rest in maintaining energy levels.
- Encourage making simple daily choices for a healthier lifestyle.

Instructions for the leads:

- Educate the students about maintaining a healthy lifestyle from what you learnt during your training.
- Refer to the keynote to ensure all key points from the training session are covered.

(World's longest stretch, Breadth shell stretch, Scorpion stretch, Supine scapula, core exercises, bare plank position)

DEBATE (Battle of Wits)**Description:**

Students split into two teams, each given a different topic to debate. These lively debates provide a platform for students to expand their understanding and learn from diverse viewpoints shared by their peers.

Objectives:

- Enhance understanding of diverse topics through debate.
- Develop critical thinking and argumentation skills.
- Learn from peers by engaging with different perspectives.
- Improve communication by presenting and defending ideas.

Instructions for Leads:

- Divide the brigade into 2 teams as you see fit.
- Conduct a formal debate session on diverse topics.

Teen Talk

Description:

Dive into essential topics like adolescence, relationships, social dynamics, and the challenges of addiction. This interactive session offers a secure environment for open conversations, led by seasoned experts in psychology and social work. It is a valuable opportunity for young people to gain insights, receive guidance, and find support as they navigate the complexities of their teenage years, promoting healthier decisions and deeper connections.

Objectives:

- To Encourage meaningful conversations on adolescence, relationships, social dynamics, and addiction in a supportive environment.
- To Offer reliable information and perspectives to help teenagers make informed and confident decisions.
- To Foster healthy relationships, resilience, and positive choices throughout the teenage years.

Instructions for the Leads:

- Take your respective brigade to the venue assigned.

Emotional Intelligence:

Description:

The MPower Community from KCLAS will present their personal stories and successful strategies for managing stress and emotional difficulties. This session aims to equip students with practical tools and highlight campus resources dedicated to fostering emotional well-being.

Objectives:

- Give students practical ways to handle stress and emotions.
- Create a friendly space where new students can learn from the COPE team and support each other.
- Helps them understand emotional health and find the support they need.

Instructions for the leads:

- Explain the students about the various activities conducted by M powered community.
- Refer to the keynote to ensure you cover all the essential points from the training session.

Multiverse of twist

Description:

Students are asked to read a book or short story as a group a previous day itself. Their primary goal is to rework the climax of the story and share their version with the class. They will also discuss how their changes impact the overall narrative and character development.

Objectives:

- Increases student interest in reading books and short stories.
- Encourage creative thinking by reimagining story climaxes.
- Develop students' ability to present and discuss ideas.

Instructions for the leads:

- Provide the students with a short story the day before the activity and ask them to read it thoroughly.
- Instruct the students to come up with an alternate climax for the story and be prepared to narrate their version for the next day.

In Class Activity:

Students will narrate their story and explain the reasons behind a changed climax. This challenge encourages creative thinking and justifying narrative changes.

SELF – PACED LEARNING

ACTIVITY 1:

Description: Students reflect and write about their personal growth mindsets, identifying areas where they can improve and set positive forward thinking. This exercise fosters self-awareness and encourages continuous development.

Objectives:

- Identify present thought processing
- Reflect and set positive thinking

ACTIVITY 2:

Watch a Video on Healthy Lifestyle (scan the Qr given in the booklet)

Day 6 - New Horizons -

அடுத்தக்கட்ட முன்னேற்றம்

Unleash your potential by crafting a personal vision, solving intricate puzzles, and exploring the evolution of technology through design thinking and problem-solving. Embark on a journey from self-discovery to future innovation.

Launch Pad	09.00 AM – 10.30 AM
Break	10.30 AM – 10.45 AM
Clubs and Forums Expo	10.45 AM – 12.45 AM
Lunch	12.30 PM – 01.30 PM
KCT Got Talent	01.30 PM – 4.00 PM
Reflection	04.00 PM – 04.30 PM

Launch Pad:

Description:

Dive into a world of creativity, innovation, and hands-on learning with this immersive session to introduce students to key forums that drive academic and practical excellence on campus. Students will explore various student-lead programmes in our campus.

Objectives:

- Introduce students to various student-led programs and forums on campus.
- Highlight the role of these programs in fostering creativity and innovation.

- Encourage active engagement by motivating students to get involved in these programs.

Instructions for leads:

- 1) Take the students to the assigned venue for the session.

CLUBS & Forums Expo:**Description:**

The expo highlights the diverse range of student-led clubs and forums at Kumaraguru Institutions. Attendees can explore interactive exhibits and enjoy performances from each group, gaining insight into the vibrant student community and its activities.

Objectives:

- Show the different student clubs and forums at Kumaraguru Institutions.
- Let students explore and learn about each club and forum.
- Encourage students to get involved in these organizations.

Instructions for Leads:

1. Ensure that the students are taken on time and brought back on time.
2. Maintaining decorum and managing time effectively is particularly important.

KCT Got Talent:

Description:

A platform for KCT students to showcase their talents and nurture emerging skills, creating an environment rich with opportunities and new experiences.

Objectives:

- Provide students with a platform to display their talents.
- Support and develop emerging skills and talents.
- Create opportunities for new experiences and growth.

Instructions for Leads:

- Inform students about KCT Got Talent on day 3 itself.
- Ensure inclusion and encourage maximum participation from the students.

SELF – PACED LEARNING

Activity 1:

Students will watch a video featuring an expert on effective communication and write a reflection on their thoughts, feelings, and key takeaways. The video provides strategies for enhancing communication skills in various settings.

Task

Prepare a PPT presentation for your Problem Statement

Day 7 –Game On

This session offers students an engaging introduction to various sports activities available on campus. Participants will experience the benefits of each sport, learn about available facilities, and discover how active participation can enhance their college experience.

Description:

Experience the thrill of sports immersion by diving into hands-on activities and team-building exercises. Discover the impact of sports on teamwork, discipline, and personal growth through interactive sessions and engaging challenges

Objectives:

- Develop teamwork skills through collaborative sports activities and exercises.
- Enhance discipline and focus by participating in structured sports drills and challenges.
- Promote physical fitness and health by engaging in active sports sessions.

Instructions for leads:

- Take the students to the assigned venue for the session.
- Ensure everyone takes part in the sports activities provided.
- Leads, co-leads must be present at the venue for the entire session.

DAY 8 Elevate - உயர்வான வாழ்வு

DESCRIPTION:

"Elevate" day boosts your experience with interactive sessions focused on personal growth and creative problem-solving. Engage with peers, explore development opportunities, and discover campus groups to enrich your journey.

Mind Matters	09.00 AM – 10.00 AM
Path to Sustainability	10:00AM - 10:30AM
Break	10.30 AM – 10.45 AM
Alumni Connect	10.45 AM – 12.30 PM
Lunch	12.30 PM – 01.30 PM
RIDE	01.30 PM – 02.30 PM
Reverse Chain Challenge	02.30 PM – 03.00 PM

Ideathon phase	03.00 PM – 04.00 PM
Reflection	04.00 PM – 04.30 PM

Mind Matters:

Description:

Students will delve into essential aspects of mental health and its critical importance. This session emphasizes the value of mental well-being, guides participants in recognizing mental health challenges, and provides effective strategies for maintaining a balanced and healthy mindset.

Objectives:

- A brief introduction about Your Dost platform
- A session about creating an account and logging in.
- Creating confidence among students on seniors and college.
- Cultivate a deeper understanding of mindfulness and emotional intelligence.
- Develop effective strategies for managing stress and building resilience.
- Enhance overall well-being and personal effectiveness.

Instructions for leads:

- The link for the website: [YourDOST](#)
- Please refer to this YouTube video for further information about creating an account and the services provided by the platform: [YouTube Video](#)

In Class Activity:

Jar of Happiness

Path to Sustainability:**Description:**

Explore the 17 Sustainable Development Goals (SDGs) in this engaging session designed to introduce students to the global framework for achieving a better and more sustainable future. Participants will gain an understanding of each goal, its significance, and how these objectives address critical global challenges.

Objectives:

- To explain the significance of each SDG and how they address pressing global challenges.
- To engage students in interactive discussions and activities that highlight practical ways they can contribute to these goals.
- To inspire students to integrate the principles of the SDGs into their personal, academic, and future professional endeavours.

Instructions for leads:

- 1) Enlighten the students on the importance of incorporating SDGs into their personal and professional life.

Alumni Connect:

Description:

Engage with KCT alumni through dynamic panel discussions where they share their experiences and insights from their time at KCT and beyond.

Objectives:

- Facilitate meaningful connections between students and KCT alumni.
- Share alumni experiences and insights about life at KCT and their post-graduation journeys.
- Provide students with valuable perspectives on career paths and personal growth.
- Encourage networking and mentorship opportunities with alumni.

Instructions to the leads:

- Ensure all students are present.
- Encourage students to actively participate by speaking up and asking questions to the alumni.

Research, Innovation, Design and Entrepreneurship

Description:

Participants will explore the journey from research to creative innovation, applying design thinking to develop impactful solutions. The session fosters collaboration and showcases how research drives innovation and thoughtful design.

Objectives:

- Learn effective research techniques.
- Generate innovative ideas.
- Transform research into practical solutions.

Instructions to the leads:

- Conduct the session according to the guidelines provided earlier.
- Encourage students to share their opinions and address any doubts they may have.

Ideathon Phase:

Description:

Students will work together to tackle challenges by developing solutions that cover product creation, process workflows, roles, and marketing strategies. They will collaborate to gather and present their findings without any constraints as a unified team effort.

Objectives:

- Collaborate to solve challenges in product development, workflows, roles, and marketing.
- Create and present solutions as a unified team.
- Foster creative problem-solving and teamwork.

Instructions for the leads:

- Split the students into teams of 5, ensuring that team members are different for each activity.
- Ask the students to identify a daily problem that has significant real-life implications and potential for impact.
- Leads can share the problem statement given by the core team to the students.
- Ensure that the students approach the problem with an engineering perspective and apply the design thinking skills they have learned in the previous session.

SELF – PACED LEARNING

Activity 1:

Pathway to Transformation

Description:

Students will write about a positive change they want to make in society, helping them think about social problems and find ways they can help solve them.

Activity 2:

Complete the Idea canvas worksheet.

Task:

Finalize the Problem Statement for the Ideathon

Theme – 3: Career Compass - எதிர்காலத்திற்கான வழிகாட்டுதல்

Career Compass helps students explore various career paths and uncover their professional interests. By offering industry insights and personalized assessments, students gain a clearer understanding of their goals and actionable steps. This program provides the tools and confidence needed to navigate their career journey effectively.

Day	Theme
17/09/2024	Steps to Innovate
18/09/2024	Expertise Edge

Day 9

THEME: Steps to Innovate - புதுமைக்கான முன்னேற்றம்.

DESCRIPTION: This schedule outlines a day of engaging activities, including personal branding, career development, and an ideathon presentation. It provides opportunities for skill-building, creativity, and reflection, aimed at enhancing participants' personal and professional growth.

Profile Building	09.00 AM – 09.45 AM
Survivor Quest	09.45 AM – 10.30 AM
Break	10.30 AM – 10.45 AM
Career Progression	10.45 AM – 11.30 AM
Exploring Higher Education	11.30AM - 12.30 AM
Lunch	12.30 PM – 01.30 PM

Ideathon Presentation	01.30 PM – 4.00 PM
Reflection	04.00 PM – 04.30 PM

Profile Building (Personal Branding)

Description:

Profile Building helps students develop a strong personal and professional profile by highlighting their skills, achievements, and experiences. It equips them with the tools to effectively present themselves to potential employers or educational institutions.

Objectives:

- Strengthen how students present themselves.
- Increase self-assurance in professional settings.
- Help students stand out to potential employers or schools.
- Build effective connections in their field of interest.

Instructions for Leads:

- Explain to students the various tools available for assistance in profile building.
- Provide examples of effective resumes and LinkedIn profiles to illustrate what they should aim for.

- If students feel they lack sufficient skills to include in their profiles, encourage them to list the skills they wish to develop instead.

Survivor's Quest: The Shipwreck Challenge

Description:

In this scenario-based activity, participants find themselves in a dramatic shipwreck scenario where only one lifeboat remains. Each participant must convince the captain why they deserve the last spot, using their skills and reasoning. The game emphasizes persuasive communication, quick thinking, and strategic argumentation.

Objectives:

- Enhance persuasive communication skills through debate and justification.
- Develop quick thinking and strategic argumentation in a high-stakes scenario.
- Foster creativity and adaptability as participants tailor their arguments to the situation.

Instructions for Leads:

1. Leads should assign students specific characters. (the characters must be a notable persons of our country)

2. Assigning insignificant characters must be strictly avoided.
3. Present the shipwreck scenario where participants must justify why they should be allowed to survive.
4. Assume the role of the ship's captain and decide who gets the lifeboat based on the participants' arguments.

Career Progression & Exploring Higher Education

Description:

Career progression involves navigating various paths such as securing placements, advancing in core industries, pursuing software development roles, starting entrepreneurial ventures, continuing education through higher studies, preparing for government examinations, or exploring other career opportunities. Each path requires strategic planning, skill development, and goal setting to achieve success and advance professionally.

Objectives:

- Learn about different career paths like jobs, software, entrepreneurship, and higher studies.
- Develop the skills needed for each path.
- Set goals and use opportunities to advance in your chosen field.

Instructions for Leads:

- Guide the students to the assigned venue for the session.
- Ensure they listen attentively and encourage them to ask questions.

Ideathon Presentation:

Description:

Brigade teams will present their projects to the brigade mentors, who will provide constructive feedback and suggestions for enhancement.

Objectives:

- Acknowledge exceptional involvement and leadership.
- Recognize initiative and proactive contributions. Celebrate effective social engagement and teamwork.
- Encourage continued dedication and community spirit.

Instructions for Leads:

1. Ask the teams to present their final solutions from their ideation process.
2. Explain the rubrics that will be used for evaluation.
3. Invite suggestions and questions from other teams.

SELF – PACED LEARNING

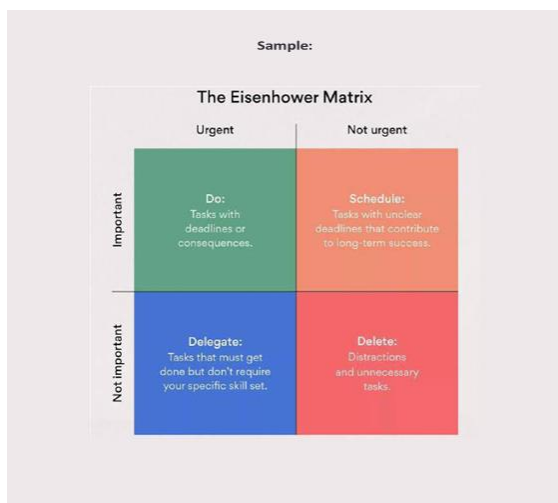
Activity 1:

Career Exploration - Research three different career paths related to your field of study. Write a summary of each path, including required skills, educational background, and potential job roles.

Activity 2:

The Johari Challenge -

The Johari window is a technique designed to help people better understand their time to priorities important and urgent things to next.



LETTER TO FUTURE SELF

Description:

Students will write a letter to their future self, reflecting on personal goals, aspirations, and visions of success. Through this reflective exercise, they envision their future paths, setting milestones and aspirations to strive towards.

Objectives:

- Encourage students to reflect on their current aspirations and personal growth.

- Inspire and motivate students to stay focused on achieving their envisioned success.
- Assist students in setting realistic goals and objectives for their future.

Instructions for Leads:

- Guide the students to the assigned venue for the session.
- Ensure they listen attentively and encourage them to ask questions.

DAY 10 - Expertise Edge -

நிபுணத்துவ வழிகாட்டுதல்.

DESCRIPTION:

"Expertise Edge" Day focuses on enhancing your skills and advancing your career through dynamic workshops, goal-setting activities, and interactive challenges. You will explore innovative tools, showcase your progress, and gain valuable insights to drive future success.

Aspiration Roadmap	09.00 AM – 09.45 AM
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Digital Horizons	09.45 AM – 10.30 AM
Break	10.30 AM - 10:45 AM
Innovative Pathways	10:45 AM - 12.30 PM
Lunch	12.30 PM – 01.30 PM
Brigade Portrait	01.30 PM – 02.30 PM
Reflection	02.30 PM – 03.00 PM
Welcome Performance	03.00 PM – 04.30 PM

Aspiration Roadmap

Description:

A personalized planning session that helps participants define their long-term goals, align their aspirations with actionable steps, and create a strategic plan for achieving their dreams.

Objectives:

- Help participants define their long-term goals.
- Align aspirations with actionable steps.
- Create a strategic plan for achieving their dreams.

Instructions for leads:

- Ask the students to build a roadmap for their aspirations based on the sessions they attended over the previous 9 days.
- Ensure that their goals are specific and clear-cut, avoiding any vagueness.
- Encourage them to start working on their roadmap from today.
- Let them know they can ask for any resources they need to follow their dreams.

Activity: Build a roadmap for their aspirations based on the sessions they attended.

Digital Horizons

Description:

An expert-led session designed to enhance students' knowledge of various online platforms and courses. This session provides valuable insights into available resources and how to effectively utilize them for academic and personal growth.

Objectives:

- Help students understand and use digital learning resources.
- Teach students how to choose the right online courses for their goals.
- Encourage continuous learning through online platforms.

Instructions for Leads:

1. Provide a detailed explanation of the various online courses and platforms available, using the information provided.
2. Instruct students on how to use digital learning resources effectively and guide them in selecting the most suitable online courses to achieve their goals.

In Class Activity:

Explore LinkedIn and create a post highlighting your latest achievements or insights. Engage with your network to share and discuss your updates.

Brigade Portrait:

Description:

Brigade Portrait is a powerful depiction that captures the collective identity and character of a group or unit. This striking image highlights the essence of the ensemble, emphasizing their cohesion and unique attributes.

Objectives:

- Highlight both individual and collective strengths within the unit.
- Emphasize the distinctive character and unique identity of the group.
- Provide a visually compelling representation that reflects the unit's unity and distinctiveness.

Instructions for Leads:

- Have each student create a drawing that represents the strengths and unique qualities of their brigade.
- Ensure that the drawing illustrates how the brigade collaborates and highlights their distinctive traits.

Activity:

Students are asked to draw brigade portraits based on their understand on ignite and fellow members.

Activity:

Brigade Doodle – Doodle your brigade days and share via Instagram.

INNOVATIVE PATHWAYS

Description:

This session on entrepreneurship development covers key strategies for starting and growing a business. Gain insights into essential skills, opportunity identification, and practical tips to help turn your ideas into successful ventures.

Objectives:

- Gain essential skills for starting and growing a business.
- Learn to identify and leverage opportunities.

Get practical tips to overcome challenges from experienced entrepreneurs.

Instructions for Leads:

- Escort the students to the assigned venue for the session.
- Ensure they listen attentively and encourage them to ask questions.

WELCOME PERFORMANCE

Description:

Welcome performances deliver an electrifying mix of artistic expression and entertainment, featuring a range of dynamic and captivating acts. Each performance brings a unique flair, celebrating diverse talents and creativity.

OBJECTIVES:

- Entertain and engage the audience.
- Show a variety of creative talents.
- Highlight the skills of participants.
- Create a lively and inclusive atmosphere.

Instructions for Leads:

- Escort the students to the assigned venue for the session.
- Ensure they listen attentively and encourage them to ask questions.