

# LEARNINGS DURING THE ONLINE STUDENT INDUCTION PROGRAMME

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## DETAILS ON THE ACTIVITIES INVOLVED DURING THE INDUCTION PROGRAMME

- Introduction to the whole induction programme, learned about the various courses and their respective deans
  - Activities in VIT – tech festival, clubs
  - Achievements of VIT – IOE, best private university
  - Entrepreneurship and contributing back to place of origin
  - Activity-based learning
  - On campus life, tour of campus
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## YOGA PROGRAMME

- Stretching exercises and Surya Namaskar on the first day
  - Sitting and standing postures, like Vajrasan and Vrikshasan, on the second day
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## UNIVERSAL HUMAN VALUE (UHV)

- Trolley dilemma – kill 1 person or 5 people (and 1 variation)
  - Thinking is not purely logical, and factors in emotional effects too
  - Emotional damage can hurt as much as physical damage
  - Dehumanisation
  - Respect should be given to all life
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## STRESS AND TIME MANAGEMENT

- Drowning man story and how stress blinds us to opportunities
  - Commitments should be maintained
  - We reap what we sow, results will not come from nothing
  - Do not commit until knowing the entirety of the activity
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- 2 important questions for time management
  - Review tasks which have been completed
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## LIBRARY ACCESS

- Offline not available due to covid, but we learned the rules anyways
  - Online library at <https://vit.ac.in/academics/library>
  - Also available in the app store
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## ENTREPRENEURIAL SUPPORT

- Three types of people in the world, we should be the first type
  - Important to create something new
  - FAANG – simple ideas constructed well
  - Keep up with the current trends
  - Not all projects will succeed
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## WHAT MAKES ME SPECIAL

- Our thoughts are important to our individuality, comparing ourselves to other people is the worst way of judging ourselves
  - Words can be constructive or destructive, even silence has meaning
  - Habits should not be taken multiple at a time, but rather is a process we must do continuously
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# CLUBS

## Creativity Club

- Nothing 'new' necessarily needs to be created, but a take on something already there can be creative too
  - $\text{Idea} = p(k + i)$
  - Creativity occurs randomly and should be given attention to
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## Fine arts club

- Learned water colouring, human expressions in art

## Zumba Session

- Started with stretching exercises
  - Watched 6 to 7 demonstrations
  - Social media handles and how to join
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