

Report

Student Induction Programme conducted by SILIZIUM

On September 8th, SILIZIUM, the Subject Society of Department of Electronics organized the Student Induction Program with a purpose to facilitate the new batch of students (2018-19) towards their acclimatization in the new environment and build bonds with fellow students and faculty members. This is a very important event, as it helps the students enhance their inner potential and shape up their personality and activities of the day were carefully crafted accordingly.

A two hour session was given by 'Dr. Padam Sharma, a consultant therapist and a renowned rehabilitation expert, on Ergonomics and Lifestyle. **“Cave to the Date”**

He emphasized that there is a dearth of knowledge about the correct posture. Thus the resultant perpetual abuse of one's body due to excessive use of mobile phones leads to many musculoskeletal disorders. He explained that ergonomics, is a practical science that helps a person to achieve safety, security and comfort to maintain and improve our health. The resource person not only educated our students about right postures and optimization of work design but also gave them insider tips towards leading a stress free lifestyle. The active interaction of students displayed their interest and passion in the session. Student's exuberance, their zeal and their exaltation was a delight to watch. They not only asked relevant questions but also gave valuable feedback. Dr. Padam also made the session a fun filled practical platform. Where he told short stories, added anecdotes, shared his life instances and simply sailed through the session. He generously shared his time after the session to answer student's personal queries as well as giving some valuable advices to the faculty members.

This was followed by an interactive session by the teacher in charge of the Department and convener of SILIZIUM, Dr. Ravinder Kaur, who welcomed the freshers and motivated them to utilize the platform being given to them for their accomplished personality development. She introduced the Mentor- Mentee programme where each teacher would act as a mentor to a group of 15 to 20 students.

Furthermore, there was an interactive session of fresher's with their seniors. It included a plethora of fun filled games. The young brigade of students exhibited an excellent fusion of talent and spirit beyond expression. In a friendly competition freshers were asked to carry out tasks and performances of their passion and talent with the winner being the one who stood out in the crowd.

It was indeed a memorable and a fruitful day with tips on ergonomics and building a pathway to break the ice with the freshers