



14<sup>th</sup> December 2022

## ALVA'S AGAMANA-2022

### Roles & Responsibilities

Date: 15<sup>th</sup> December to 21<sup>st</sup> December

#### BATCH IN-CHARGE

B1: Mrs. Rashmi, MAT & Mrs. RADHIKA, MAT  
B2: Mrs. Nishakumari, MAT & Mr. Manoj, PHY

#### Responsibilities:

- Channelizing students to the program venue.
- Dissemination of program schedule to students in advance
- Seating arrangement at the venue
- Attendance marking session wise.
- Complete participation throughout the session.
- Coordinate in maintaining student discipline during the sessions along with other faculty members.
- Shall compulsorily make alternative arrangements for the assigned duty, if necessary.
- Necessary arrangement to take Photographs of every session.

#### SESSION IN-CHARGE

AUDITORIUM: Dr. Ravi Kumar C, CHE & Dr. Prameela Kolake, MAT  
CIVIL SEMINAR HALL: Dr. Ramaprasad, PHY & Mr. Manoj, PHY

#### Responsibilities:

- Coordination with Resource person.
- Coordination with electrician (Sound system) & system admin (Computer accessories).
- Seating arrangement Coordination.
- Master of Ceremony during Program.
- Necessary arrangement for floral welcome.
- Memento collection from Dean/Mr. Nitin in advance.
- Necessary arrangement to take Photographs of every session.

#### REPORT WRITING

Mr. Ajith Peter

#### Responsibilities:

- Brief report writing of all the sessions during AAGAMANA - 2022.
- Necessary arrangement to take Photographs of every session.

**Note:** Faculty members engaging classes for IT6, EC2, and IT7 & IT8 shall compulsorily attend the program as per the concerned class timetable

  
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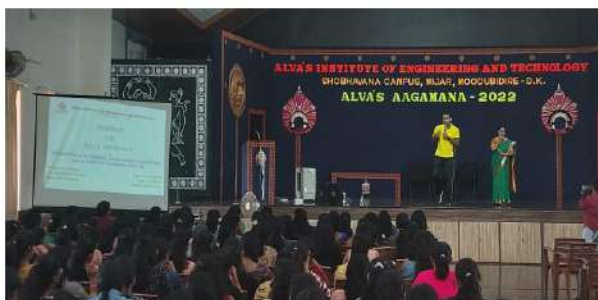
Alva's Institute of Engg. & Technology,  
Mijar. MOOBBIDRI - 574 225, D.K

## **REPORT**

### **AGAMANA 2022-23 (STUDENT INDUCTION PROGRAM)**

#### **15-21, DECEMBER 2022**

The AGAMANA 2022-23 student induction program at Alva's Institute of Engineering and Technology spanned from September 20 to September 30, 2022. This week-long program aimed to acquaint new students with the institution, nurture a sense of belonging, and equip them with the knowledge and skills necessary for a successful academic journey.



The program commenced on September 20 with an enlightening session by Dr. Audrey Pinto, a highly esteemed



professor from Alva's College, Moodbidri. Her presentation centered on the art of personal happiness and well-being. Dr. Pinto's engaging discourse revolved around the subtleties of



achieving happiness and maintaining well-being. She introduced students to the

Dalai Lama's perspective on 'the path to happiness,' emphasizing that a pleasant, engaged, and meaningful life is the key to true



happiness. Through vivid anecdotes and real-life examples, Dr. Pinto convincingly illustrated that happiness is a matter of choice, irrespective of external circumstances. Her talk left an indelible impression on the freshers, inspiring them to adopt a positive outlook and pursue a happier life.



Over the next couple of days, Dr. Preethi Keerthi Dsouza, a dynamic professor from the Department of Commerce at Mangalore University, took



the stage. Her sessions on September 21 and September 22 were a delightful blend of entertainment and enlightenment. Dr. Keerthi used humor, cartoons, and videos to engage the students right from the outset. Her discourse was equally inspiring and insightful,

as it was entertaining. She motivated the students to have faith in themselves and enjoy this significant phase of their lives. Simultaneously, she cautioned them to steer



clear of detrimental influences like drugs and alcohol. Dr. Keerthi's sessions were highly interactive, filled with engaging



activities that fostered camaraderie among the students, leaving an enduring impact on their minds.

September 23 witnessed a session by Dr. Arun Bharadwaj, an internationally renowned keynote speaker. Dr. Bharadwaj's talk centered on the pursuit of excellence and championing life's challenges. He emphasized that champions are individuals who consistently give their best, regardless of



external circumstances. Dr. Bharadwaj urged the students to maintain a positive outlook towards life, underlining that it is always better to light a lamp instead of cursing the darkness. He shared numerous captivating stories, incidents, and experiences, some from his own life, to motivate and inspire the students. His thought-provoking narratives enriched the students with new perspectives and reignited their ambitions.



On September 24, students were treated to a diverse array of sessions. The day began with a captivating session by B. Gopi Krishna, a scientist with the Defense Research and Development Organization (DRDO). He shared his



journey from being a sixth-grade boy with dreams of flying in an airplane to a creative DRDO scientist for whom flying is an inherent part of his professional life. Through his life experiences, he conveyed that any goal is attainable as long as one is willing to work hard and persevere without giving up. Mr. Krishna stressed that one can be effective only when they genuinely enjoy their work and, therefore, advised the students to love



whatever they do. He cautioned against the excessive use of smartphones, which tend to devour valuable time, and proposed strategies for the effective utilization of time.



In

parallel, the students were introduced to the world of self-defense by Karthik S. Kateel, a Mixed Martial Arts trainer and Grand Master trainer for self-defense. His session chiefly focused on teaching women self-defense techniques and psychological strategies. Mr. Kateel, along with his mother, Mrs. Shobhalatha, demonstrated various self-defense techniques and tricks that can be easily executed by anyone to protect themselves from physical harm or sexual assault. His forthright sharing of experiences and humorous presentation style endeared him to the students, particularly the girls, who gained newfound confidence after learning his techniques.



session on authentic attitude and actions for admirable achievement. His talk centered on living a life of happiness and fulfillment and the relevance of authenticity in achieving such a life. He emphasized that honesty and authenticity in all one does are the cornerstones of a powerful personality. Prof. Radhakrishna urged the students to approach everything passionately and to never give up, underlining that

Subsequently, Prof. (Major) M. Radhakrishna, on September 26, held a





their actions today can shape a brighter future. He advised them not to wish for the absence of problems but to pray for the strength to overcome them, as powerful personalities are often forged under the crucible of adversity.

On September 27 and September 28, Dr. Archana Prabhat conducted a much-needed session on 'food and nutrition.' Her engaging talks brought awareness about the significance of nutrition in

leading a healthy life. Dr. Prabhat vehemently conveyed that avoiding 'junk' food is equally important as eating the right food, if not more. She urged the students to be more wary of processed food articles and to pay attention to the ingredients that make up the food they purchase. Dr. Prabhat advised them to consume more seasonal fruits and to rely more on native food than foreign cuisines. Besides food, she also stressed the relevance of regular exercise and proper sleep in leading



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