

## Report of eSIP

**Conducted by AICTE**

**Held from 8th November to 20th November, 2020**

**Registered by:**

Mrs. Rituparna Chaki Ghosh, Asst. Professor, BCRCP

Dr. (Mrs.) Taniya Chakraborty, Asst. Professor, BCRCP

Ms. Sancharee Mandal, Asst. Professor, BCRCP

Ms. Manami Dhibar, Asst. Professor, BCRCP

Mr. Soumya Mitra, Asst. Professor, BCRCP

### AICTE's eSIP: Online Student Induction Program 2020

Day No.	Date Nov 2020	7.30-8.30 am	Break 1 hr	9.30-10.30 am	10:45-11:45 am	12.00 Noon-01.00pm	Lunch Break 1 hr	2.00-3.00 pm	3:15-4.15 pm	4:30-5.30 pm
1	8th				<b>INAUGURAL of eSIP Sampler</b>					
2	9th	SIP Module 2: Physical Health and Related Activities*1		SIP Module 6: Proficiency Module	SIP Module 1: Universal Human Values I (UHV I)	SIP Module 1: Universal Human Values I (UHV I)		SIP Module 7: Literature / Literary Activities	SIP Module 2: Physical Health and Related Activities*2	<b>SIP Module 8: Creative Practices</b>
		SIP Module 2:			SIP Module	SIP Module 1:		SIP Module 7:	SIP Module 2:	

3	10 <sup>th</sup>	Physical Health and Related Activities*1		SIP Module 6: Proficiency Module	1: Universal Human Values I (UHV I)	Universal Human Values I (UHV I)		Literature / Literary Activities	Physical Health and Related Activities*2	Sharing Session
4	11 <sup>th</sup>	SIP Module 2: Physical Health and Related Activities*1		SIP Module 6: Proficiency Module	SIP Module 1: Universal Human Values I (UHV I)	SIP Module 1: Universal Human Values I (UHV I)		SIP Module 7: Literature / Literary Activities	SIP Module 2: Physical Health and Related Activities*2	SIP Module 5: Lectures by Eminent People
5	12 <sup>th</sup>	SIP Module 2: Physical Health and Related Activities*1		SIP Module 6: Proficiency Module	SIP Module 1: Universal Human Values I (UHV I)	SIP Module 1: Universal Human Values I (UHV I)		SIP Module 7: Literature / Literary Activities	SIP Module 2: Physical Health and Related Activities*2	Sharing Session
6	13 <sup>th</sup>	SIP Module 2: Physical Health and Related Activities*1		SIP Module 6: Proficiency Module	SIP Module 1: Universal Human Values I (UHV I)	SIP Module 1: Universal Human Values I (UHV I)		SIP Module 7: Literature / Literary Activities	SIP Module 2: Physical Health and Related Activities*2	Sharing Session
7	14 <sup>th</sup>	<b>Deepavali</b>								
8	15 <sup>th</sup>	<b>Sunday</b>								

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9	16 <sup>t</sup> h	SIP Module 2: Physical Health and Related Activities* 1		SIP Module 6: Proficiency Module	SIP Module 1: Universal Human Values I (UHV I)	SIP Module 1: Universal Human Values I (UHV I)		SIP Module 7: Literature / Literary Activities	SIP Module 2: Physical Health and Related Activities*2	<b>Sharin g Sessio n</b>
10	17 <sup>t</sup> h	SIP Module 2: Physical Health and Related Activities* 1		SIP Module 6: Proficiency Module	SIP Module 1: Universal Human Values I (UHV I)	SIP Module 1: Universal Human Values I (UHV I)		SIP Module 7: Literature / Literary Activities	SIP Module 2: Physical Health and Related Activities*2	<b>Sharin g Sessio n</b>
11	18 <sup>t</sup> h	SIP Module 2: Physical Health and Related Activities*2		SIP Module 6: Proficiency Module	SIP Module 6: Proficiency Module	SIP Module 7: Literature / Literary Activities		SIP Module 7: Literature / Literary Activities	SIP Module 2: Physical Health and Related Activities*2	<b>Sharin g Sessio n</b>
12	19 <sup>t</sup> h	SIP Module 2: Physical Health and Related Activities*2		SIP Module 6: Proficiency Module	SIP Module 6: Proficiency Module	SIP Module 7: Literature / Literary Activities		SIP Module 7: Literature / Literary Activities	SIP Module 2: Physical Health and Related Activities*2	<b>Sharin g Sessio n</b>
13	20 <sup>t</sup> h	SIP Module 2: Physical Health and Related Activities*2		SIP Module 3: Familiarization of Department/ Branch <b>Sample of one department</b>	SIP Module 4: Visit to a Local Area through Video and commentary <b>Sample of visit to local area</b>	SIP Module 9: Curricular Activities (Inspiring Movie & Discussion on AtmaNirbhar Bharat)		<b>Celebratio n</b>		



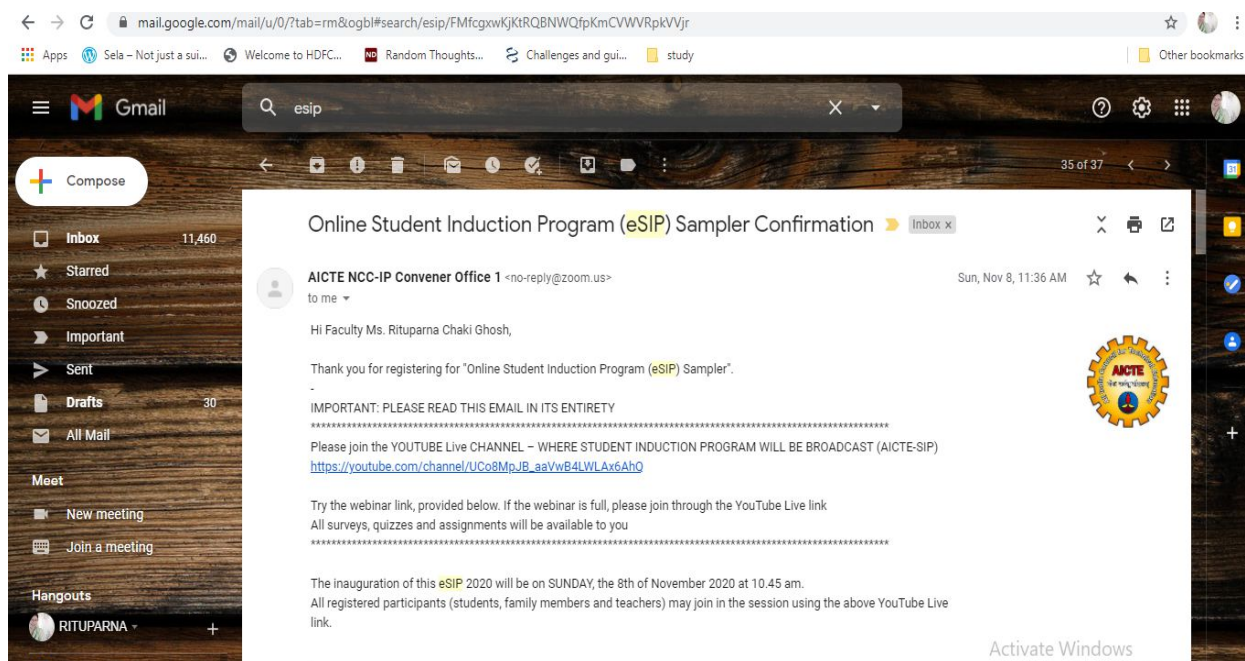
## Modules Covered in eSIP Sampler

SIP Module 1: Universal Human Values I(UHVI)	14 hrs	To help develop a holistic
SIP Module 2: Physical Health and Related Activities To help students understand the basic principles to remain healthy, fit and to practice them *1 Yoga and related activities *2 Holistic Health / Universal Health Principles and related activities	19 hrs	
SIP Module 3: Familiarization of Department/ Branch and Innovation For relating the student to the institution/department/branch; how it plays a role in the development of the society, the state, region, nation and the world at large and how students can participate in it	1 hr(sample)	
SIP Module 4: Visit to a Local Area To relate to the social environment of the educational institution as well as the area in which it is situated through interaction with the people, place, history, politics...	1 hr(sample)	
SIP Module 5: Lectures by Eminent People Aimed at making a niche in the young minds in various fields of Academics, Career, Skill Development, Art and self- management. Thus, inducting a holistic learning experience	1 hr(sample)	
SIP Module 6: Proficiency Modules To help fill the gaps in basic competency required for further inputs to be absorbed	11 hrs	
SIP Module 7: Literature /Literary Activities Aimed at helping the student learn about traditional as well as contemporary values and thought; as well as its creative expression	11 hrs	
SIP Module 8: Creative Practices Creative, joyful expression through practice of art forms like dance, drama, music, painting, pottery, sculpture etc.	1 hrs(Sample)	
SIP Module 9: Other Co-curricular Activities	1 hr(sample)	

As a feedback to the program, the following are the takeaways from the program by the registered faculty:

### 1. Mrs. Rituparna Chaki Ghosh, Asst. Professor, BCRCP

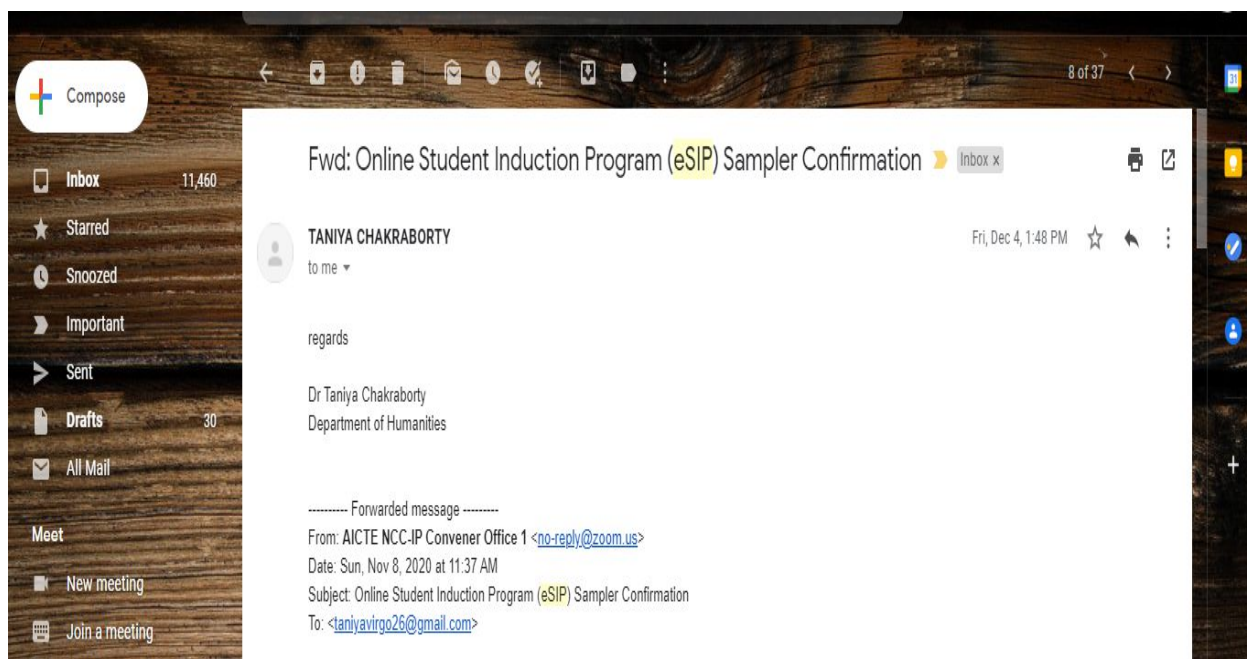
The program intended for a holistic training for the SIP of newly admitted students for their all round development. This year the program was also open for new entrants as well. Through this program, topics related to Universal Human Values (UHV), Physical Health and Related Activities, topics related to health, Familiarization of Department/ Branch and Innovation, Visit to a Local Area, Lectures by Eminent People, Proficiency Modules, Literature / Literary Activities, Creative Practices, Other co-curricular Activities were discussed. The primary intent was to train one and all about the various areas apart from academics where students can be trained for all round development, particularly UHV module was informative and quite elucidative. This training helped me to learn the basics of SIP in order to be a better mentor the students and can guide the students in a better way.



### 2. Dr. (Mrs.) Taniya Chakraborty, Asst. Professor, BCRCP

I am DrTaniyaChakraborty. I registered in the eSIP courses as a faculty. I have gone through the session and at last what I have realised is, I have been immensely benefited by this programme. When I get into classes, I find students craving for motivations in their lives. They are doing things mechanically without any mental satisfaction. They enroll in the course and they start doing the course like machines. Sometimes I find them

aimless in their lives. I used to think how I could motivate them. I applied different measures like introducing sessions talking to them personally or motivating them towards research work, but many times I failed. This course has given me an insight about how we can create both motivation and happiness within a student. Different sessions like physical health related issues, art of living, lectures by eminent people, literary activities, and other co-curricular activities have created immense influence on my mind. Now I can better understand how to apply the lessons to our life. As I have been benefited by the course, I wish my students too can be happy and motivated by the lessons. Particularly what I have found is, Physical activities and the Art of Living work best in keeping the body and mind in harmony with each other. I would like to register myself in such courses in future.



### 3. Ms. Sancharee Mandal, Asst. Professor, BCRCP

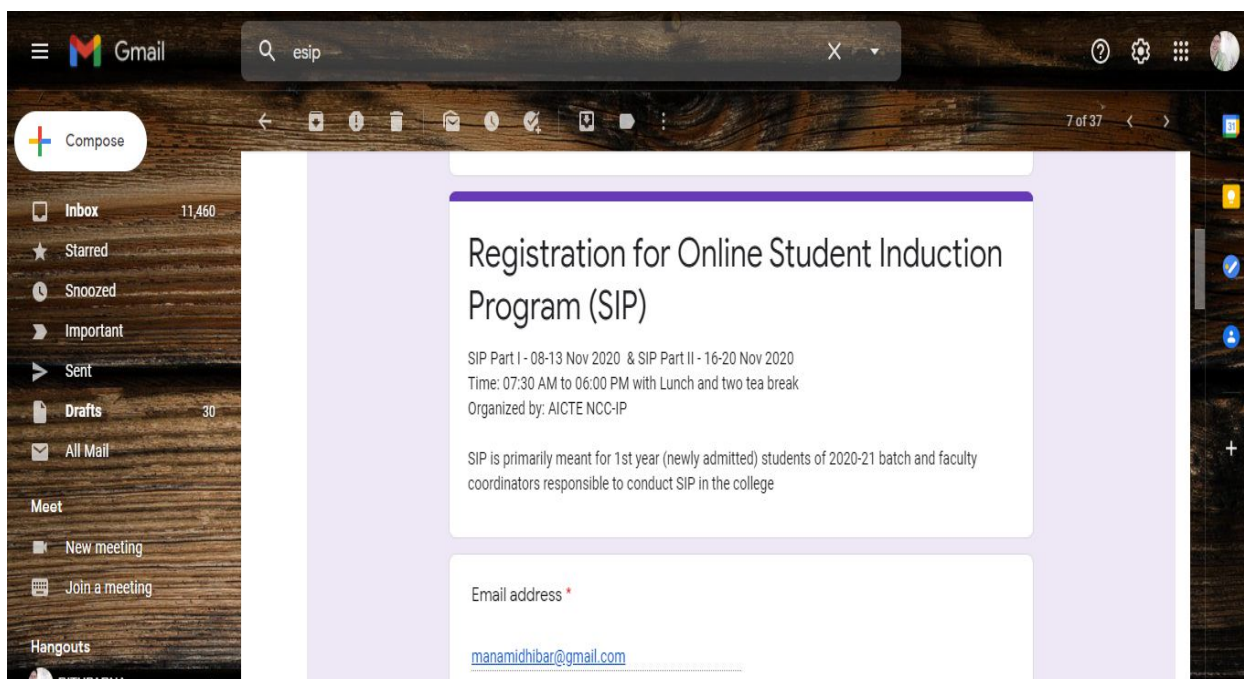
The whole program was very helpful for us. Especially Universal Human Values (UHV) was the most inspiring program in all aspect. Response reaction in behavior physical health and related activities were refreshing. It showed to maintain healthy side of life. Eminent lectures of skilled person about many things like skill development, art of living and self-management was overwhelming. Padma Shri Prof. H C Verma, Ex-prof, IIT Kanpur gave lecture where he illustrated many things like how to handle challenge without any complaints, how students can handle the

language crisis like these several things which are very important to learn and it was very nicely explained like other lectures. Creative practice session was also nice.

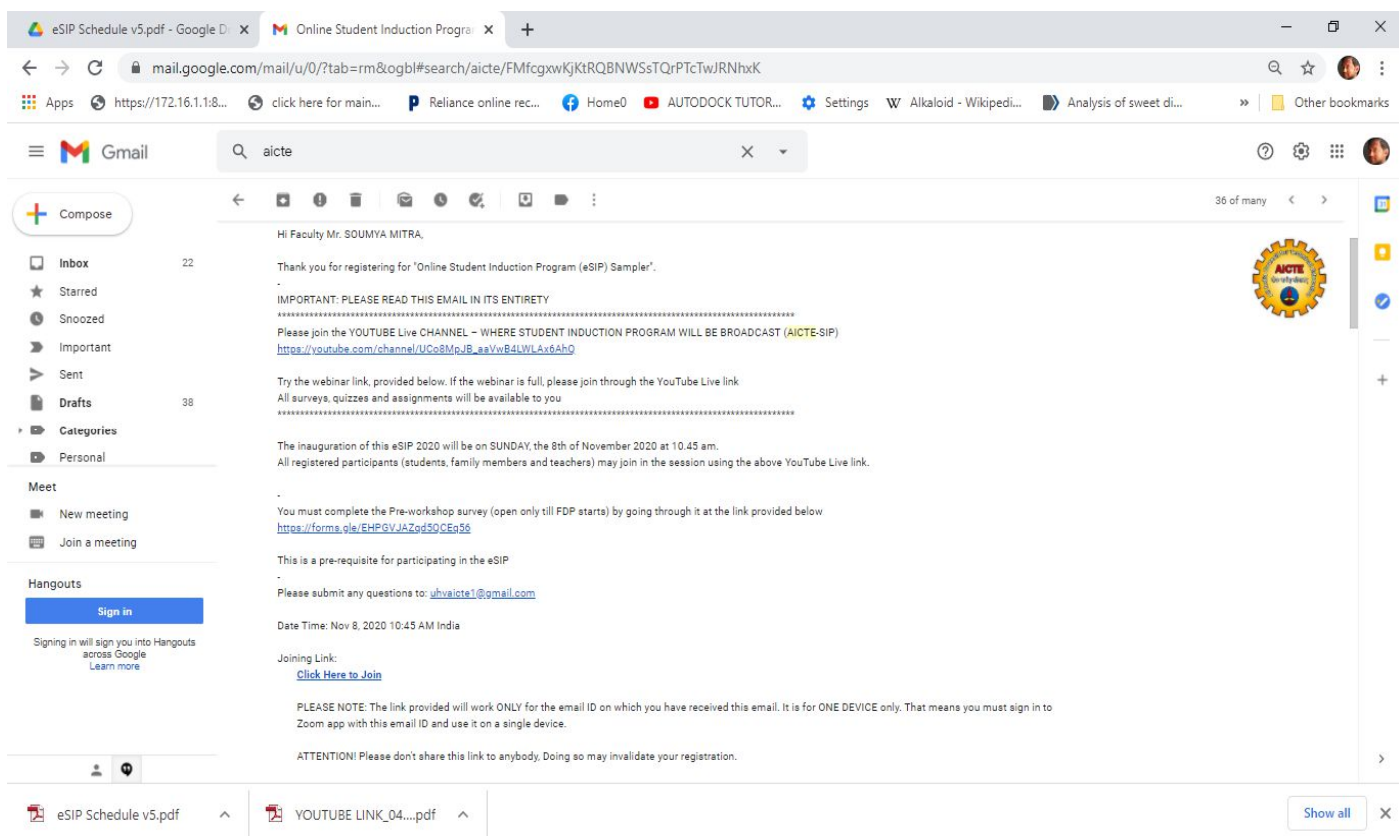
#### **4. Ms. Manami Dhibar, Asst. Professor, BCRCP**

- The objective of this program was to acclimatize the students to the new environment and get them acquainted with the institution culture. The induction program comprised of some interesting activities like Physical Health Related Activities, Proficiency Module, motivational movie screening, Universal Human Value, Literature activities, Lectures by eminent people, Creative practices, etc. The rationale for induction was to ensure a smooth transition for the students into the university or college system.
- Through Physical activities they can able to know about its importance in our daily life. Regular physical activity improves their brain health and can reduce the risk of many other illnesses like cancer, heart disease, etc.
- Proficiency Module helps the students to design appropriate learning experiences based on the proficiency levels.
- Motivational movie screening has been recognized as one of the innovative pedagogies for instilling life skills in students. It is a method, which removed from the regular 'chalk and talk' way of teaching, wherein students learn through the most impactful visual medium, further strengthened by a fruitful and analytical conversation among them.
- If we implement the UHV module in our course then it helps to develop the commitment and competence for ethical behavior, work and participation in the profession.
- Beside this everyone have a creative mind and it's important to use it every time is needed and make practice to progress it at work as well as in life. This program helps new comers settle down quickly in the new environment.





## 5. Mr. Soumya Mitra, Asst. Professor, BCRCP



This is prepared to report the observations and takeaways from the eSIP conducted by AICTE from 8<sup>th</sup> November to 20<sup>th</sup> November, 2020. The program was something very new for me and I feel genuinely informed about the various topics covered during the program. I would like to make a list of the outcomes, I felt, I have gathered knowledge about during the program.

This program was mainly focused on the INDUCTION module for first year students and a lot of faculty members and students from the various parts of the country joined in. As mentioned in the previous section with the schedule of the program, it can be seen that the program was quite elaborate and dealt with aspects that should be covered during Induction program of first year students. The program concentrated mainly on few areas like Physical health and related activities, Proficiency module, Universal Human values, Literature/Literary activities and Creative practices. The sessions included speeches from eminent speakers and regular assessments.

For the first session, which dealt with Physical and related activities, many renowned YOGA teachers and Art of living experts shared their views on how to live a healthy life. The session encouraged various physical activities and they speakers elaborately demonstrated the advantages of leading a healthy lifestyle. Not only that, during those sessions, various technics of meditation and Yogasanas were also demonstrated along with their advantages.

The second session usually consisted of Proficiency modules which mostly dealt with language proficiency. The speaker mostly emphasized about the relevance of Sanskrit as a language and how learning the language may help in future. I found this session a bit unidirectional as only Sanskrit was discussed. In a country like India, where the number of official languages is more than 20, I found this could have explored other regional languages along with the official languages.

The third session was about UNIVERSAL HUMAN VALUES (UHV). These sessions were very interesting and the speakers were highly qualified to talk on the topic. The sessions mostly dealt with the value education and value system of human and how human behaviour can affect the surroundings. These sessions also discussed about the mental health and physical wellbeing of people. The UHV module also discussed about the aspirations, happiness, anger and many other emotions people face everyday in their daily life. The sessions left a remarkable mark on the attending students and all the faculty members.

The fourth session mostly dealt with the various beautiful and rich source of literature of the country. The rich history of the Indian literature was discussed along with the idea of the rich culture of this country. The speakers were highly knowledgeable and very patient to describe the history of the literary resources.

The final sessions mostly included the creative arts. In these sessions, the participants were encouraged to showcase their talents in the form of creativity. This included participants sharing their singing talents, their drawings and some self-written stories also.

The sessions were very interesting and daily quizzes and feedbacks were collected from the participants and the participants were always encouraged to actively participate in the discussion. The eSIP program made the participants rich in terms of understanding the importance of healthy mind and body.