





Induction Day 2 & 3 Report

Soft Skills Training Workshop

Dates: [24 October, 25 October]

Time: 9:30 AM - 4:00 PM

The two-day workshop focused on developing essential soft skills through interactive activities, facilitated by Ms. Sharon Shah and Ms. Nikita Biyani from the Magic Bus Foundation. Students engaged in self-awareness exercises, identifying their strengths, weaknesses, opportunities, and threats. They learned to set SMART goals and discussed strategies for overcoming barriers to achievement. Team-building activities enhanced both verbal and nonverbal communication skills, while assertive communication techniques were emphasized. The workshop included resilience-building exercises, practical decision-making and problem-solving scenarios, and techniques for creating positive first impressions. Hands-on training improved interview skills, equipping participants with vital tools for personal and professional growth.

Session in Progress	Activities Day 2
 <p>Pimpri-Chinchwad, Maharashtra, India Opposite Suyog paradise, JPXV+V89, SB Patil College Rd, Ravet, Pimpri-Chinchwad, Maharashtra 412101, India Lat 18.649869° Long 73.743488° 24/10/24 10:21 AM GMT +05:30</p>	
Interactive Session	Attendees and Faculty
 <p>Pimpri-Chinchwad, Maharashtra, India JPXV+PP5, Ravet, Pimpri-Chinchwad, Maharashtra 412101, India Lat 18.649724° Long 73.744423° 24/10/24 12:59 PM GMT +05:30</p>	

Induction Day 4 Report

Yoga, Wellness Wagon & Health Check-Up

Date: [26 October]

Time: 10:00 AM - 2:00 PM

Activity 1 : Yoga [10am to 11am]

The day began with a refreshing yoga session led by Mr. Baban Raut. Students were introduced to various techniques aimed at enhancing focus, promoting relaxation, and managing stress. This session provided students with valuable tools to incorporate mindfulness and physical wellness into their daily lives.



Activity 2: Health Check-Up

The second activity of the day was a comprehensive health check-up conducted by **Dr. Mahesh Kudale** and his team from Ojas Hospital. The objective of this session was to ensure that students were in good health as they prepared to embark on their academic journey. This proactive approach emphasized the importance of maintaining physical health as part of overall well-being.



Activity 3: Wellness Wagon

The Wellness Wagon activity provided a comprehensive approach to mental well-being by introducing students to valuable mental health resources, including counseling services and help lines. Engaging community-building exercises fostered connections among participants, promoting a sense of belonging. Students explored designated calming spaces on campus designed for relaxation and mindfulness, while practical techniques for recharging the mind, such as mindfulness practices and breathing exercises, were shared to help them manage stress and maintain focus. Overall, the session successfully encouraged students to prioritize their mental health and fostered a supportive community on campus.

<p style="text-align: center;">Wellness Camp</p> 	<p style="text-align: center;">Gratitude Wall</p> 
<p style="text-align: center;">Mental Health Activity</p> 	<p style="text-align: center;">Mental Health Activity</p> 