



**VINAYAKA MISSION'S  
RESEARCH FOUNDATION**

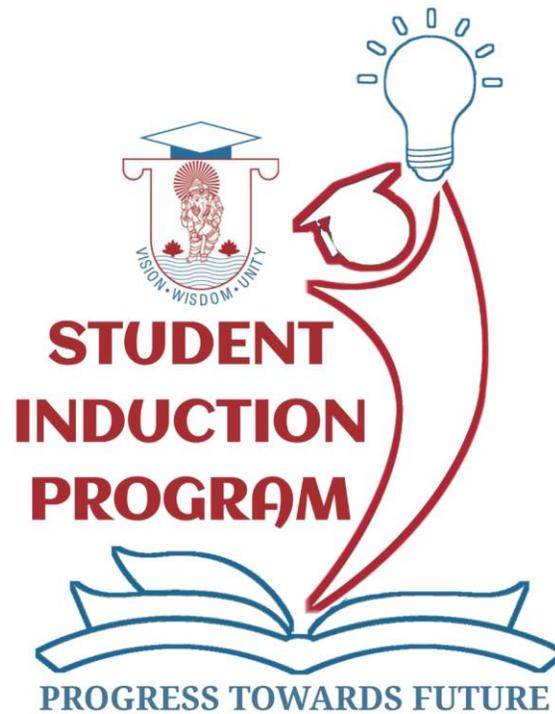
(Deemed to be University under section 3 of the UGC Act 1956)



**VINAYAKA MISSION'S  
SANKARACHARIYAR  
DENTAL COLLEGE**

A Constituent College of VINAYAKA MISSION'S RESEARCH FOUNDATION (Deemed to be University)

# **DEEKSHARAMBH STUDENT INDUCTION PROGRAMME**





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### **1. Title and Commencement**

VMSDC - Deeksharambh

Commencement of the Deeksharambh program will be after the First year admission during September first week of every year.

### **2. Preamble**

It is the responsibility of VMSDC to welcome the new students who come from different living backgrounds. The transition from high school to college can be a very easy one for some and challenging for others. Students should remember that expectations and responsibilities are more in college from them and that they will be treated more like adults.

VMSDC provide mentors for the students who can serve as a strong support system by providing the students with advice and suggestions. Mentors give direction, motivation, and most importantly they open the doors to the career of the students.

It takes time for relationships to develop. Most friendships are formed over a period of years. Join the campus clubs and committees which reflect your interests and participate in all extracurricular events.

Coming to VMSDC is a wonderful opportunity to make great friends from all the states of the country. Come to a world designed to help you quickly meet friends and grow in your career. We have planned a Student Induction program / Deeksharambh lasting for a week which should be taken seriously.

Come, Enrol and Enjoy.

We welcome you all !!

### **3. Definition and Nomenclature**

Induction – The process of introducing somebody to something like new study / job environment.

Mentoring – To advise or train a younger colleague or student.

Mentor – An experienced person who advises and helps somebody with less experience over a period of time.

Mentee - A person who is advised, trained, or counselled by a mentor.



#### **4. Deeksharambh - Student Induction Programme**

Student Induction Programme engages with the new students as soon as they come into the institution, before regular classes start. At the start of the induction, the students learn about the institutional policies, processes, practices, culture and values, and their mentor groups are formed. The term induction is used to describe the whole process which helps the students to adjust or acclimatize to their new roles and environment. It is a well-planned event to educate the freshers about the institution, and to connect them with all the people in it.

Students Induction could cover a number of different aspects (SAGE):

SAGE

Socializing : Meeting other new students, senior students, students union, lectures by Eminent People;

Associating : Visits to University / college, visits to Dept./Branch/ Programme of study and important places in campus, local area, city and so on;

Governing : Rules and regulations, student support etc;

Experiencing : Subject lectures, study skills, small-group activities, physical activity, creative and performing arts, literary activities, universal human values, etc.

#### **Objectives and Goals of the Programme**

The important objectives of Students' induction programme (SIP) are:

1. Familiarizing students to the new environment, while helping them rediscover themselves and bringing out the best.
2. Inculcating such human values that will enrich their personality, making them assets for society.

#### **5. Duration of the Programme**

The Student Induction program is planned for 7 days (Day 0 + 6 Days) as per the schedule of University Grants Commission. Inauguration and



Registration will be planned on Day 0 and 6 days following that will be as per the schedule planned.

## **6. Commencement of the Programme**

The Student Induction Program will commence after the admissions are complete and as per the dates decided by the University and State government.

## **7. Daily Activities**

The following activities during Induction Programme will fully engage the students for the entire duration of the Programme.

### **7.1. Physical Activity**

Physical activity will be given importance to the students who join VMSSDC from day 1 of the induction program. Days will start with a small session of Yoga / exercise for hostel students. And outdoor sports will be conducted every day by Physical education faculty and the student council team. There will be development of friendship, bond and pride about the new college they have joined.

### **7.2. Mentoring**

VMSSDC has a very well managed Mentor Committee with a Member secretary. Mentoring is a very important part of induction and it would set up a healthy relationship between the students and the faculty. Mentoring takes place in the context and setting of universal human values. It allows the student to experience the joy of learning, stand up to peer pressure, take decisions with courage, be aware of relationships, be sensitive to others, understand the role of money in life, and feeling of prosperity, to stay away from the evils of social media and addictions. Human values as enshrined in our constitution like justice, liberty, equality, fraternity, human dignity and the unity and integrity of the Nation can also be part of the discussions.



All the staff of the college are acting as mentors for the students of the college. Member Secretary of the mentoring committee meets the students who join the college every year during Day 1 of induction program. 10 students will be given a senior student mentor and each 20 students will be given a staff mentor.

Mentoring will be planned and scheduled for induction program as per the UGC. 6 headings given by UGC for the mentors to discuss on and each day as assignment will be given and followed.

1. Day 1: Student aspirations, family expectations
2. Day 2: Gratitude towards people helping me
3. Day 3: Human needs of (a) self and (b) body
4. Day 4: Peer pressure
5. Day 5: Prosperity
6. Day 6: Relationships

Student will write on the topic of assignment and that will be discussed on the next day by the staff in presence of senior student mentor. Regular follow up of the students will be done by mentors.

## **8. Other Activities**

### **8.1. Familiarization with Departments/Schools/campus/facilities**

The students will be divided into groups of ten and they will be sent in rotation to all the departments, Library and to see all the facilities of college and campus. Student council will be in charge of the college visit and there will be a staff in charge in each Department to take care of the College / Department visit.



## **8.2. Creative Arts and Culture**

The Arts and Cultural team under the Committee for Student Affairs will plan the events on each day of the 6 day schedule. The students will be asked to bring Pencils, erasers, sketch pens and colour pencils for the same and they will be participating in all the events. Opportunity will be given to each student for expressing their talents and to become a part of their college in a smooth way.

## **8.3. Literary Activity**

Student council of VMSDC will form teams and include all the freshers into different literary activities. Students will participate in the events and show their talents.

## **8.4. Lectures by Eminent people**

The Student Induction Program team of VMSDC will discuss and invite Eminent people to give lectures to the students. The lectures will be planned on History and Growth of University, Career motivation and guidance, Managing Health, Time and Studies, Ethics and Social commitments and on Soft skill development in Patient management.

## **8.5. Visits to Local Area**

VMSDC Student Induction team has staff representatives for taking the students to Local area visit. Girls and Boys (Hostellites )will be taken in separate buses along with staff in charge to show the landmark areas of the city, shopping malls, Bus stand, Railway station and places of worship. Our Medical college Emergency ward will also be shown.

A visit to a nearby orphanage and a place for picnic will also be done during the follow up period.

## **8.6 White Coat Ceremony**

VMSDC will conduct White Coat Ceremony for the Fresh students on Day 5. The White Coat Ceremony welcomes the special new students who are embarking on the medico professional journey by choosing dentistry as a career. It is a formal ceremony and an important event in the life of a



budding Doctor. They are welcomed to the community of dentists by giving and robing them this “White Coat” which is a powerful symbol of compassion and honour. Students will pledge their commitment to the profession and to the health of the patients they will serve. There will be lighting of 5 lamps which will represent Five years of study and five duties of a dentist 1.Responsibility, 2.Altruism, 3. Honour, 4.Respect and 5.Compassion.

### **8.7. Extra-curricular Activities in the campus**

The new students will be introduced to the extra-curricular activities at the college. Information on different clubs will be given to the students. Student council shows presentations of college day, sports day activities and awards of previous years and shares their experiences. Alumni interaction will also be done during these hours.

#### **8.7.1. Students Club**

VMSDC has a students council which is the voice of the student community of the college and shares student ideas, interests and concerns. Representatives of batch to student council who show talents will be selected during the induction program itself and they will be the voice of their batchmates during all the cultural, art and sports events. The council is run by elected student representatives.

#### **8.7.2. RRC**

VMSDC has an active Red Ribbon Club (RRC) Programme which is a voluntary on-campus intervention, aimed at heightening the risk perception and preventing HIV among youth. Red Ribbon Clubs have become a powerful medium to reach out to young people. Spearheaded by the Tamil Nadu State AIDS Control Society (TNSACS), this programme is supported by the Higher Education Department and demonstrating the importance of inter-sector collaboration to address the issue of HIV / AIDS. RRC empower students in the age group of 17-25, by giving them information and life-skills to protect themselves from HIV/AIDS and changing the most active among them into peer educators. The co ordinator of RRC speaks to students about RRC and allow them to be a part of this club during the induction program itself.



### **8.7.3. Sports**

VMSDC has a Cultural and sports Committee headed by a teaching faculty. Physical education trainer of the college is a member in the committee. Training is given to the interested students and preparations are done for intra and intercollege competitions.

### **8.7.4. NSS**

We have a well formed National Service Scheme (NSS) in VMSDC involved in constructive service with the motto of “Not Me But You”. Our NSS volunteers work in rural areas, adopted villages and school to the serving the cause of society through survey, education and health awareness programme. All the NSS Volunteers who have served NSS for at least 2 years and have performed 240 hours of work under NSS are entitled to a certificate from the university under the signature of the Vice-Chancellor and the Programme Coordinator. The Annual camps are known as Special Camps. Camps are held annually, funded by the government of India, and are usually located in a rural village or a city suburb. Volunteers may be involved in such activities as: 1. Cleaning, 2. Afforestation, 3. Stage shows or a procession creating awareness of such issues as social problems, education and cleanliness, 4. Awareness Rallies and 5. Inviting doctors for health camps. There are no predefined or pre-assigned tasks; it is left up to the volunteers to provide service in any way that is feasible.

### **8.7.5. NCC**

VMSDC does not have NCC.

## **9. Schedule**

### **9.1. Initial Phase**

Initial Schedule of Deeksharambh is first 2 days, Day 0 and Day 1 and is attached in Annexure 1.



## **9.2. Regular Phase**

Regular Phase of induction will start after the first day. In this phase regular Programme should be followed every day and is attached as Annexure 1.

### **9.2.1. Daily Schedule**

There will be regular activities during the Deeksharambh.

### **9.2.2. Afternoon Activities (Non-daily)**

The following activities will be scheduled at different times during the Induction Programme by VMSDC as per UGC guidelines. 1. Familiarization to School / Department, 2. Creative Arts and Culture, 3. Literary Activity, 4. Lectures by Eminent People, 5. Visits to Local Area and 6. Extra-Curricular Activities in College

## **9.3. Follow up after Induction**

VMSDC follows up mentoring activities on weekly basis. Students will be meeting their mentors on Saturdays and sharing their experiences and emotions. The purpose of Deeksharambh is to help students in getting familiarized with the institution as well as its ethos. The same groups which are formed during Induction Programme will function as mentor-mentee network.

The senior students will work on fulfilling requirements of newly admitted students with regards to linguistics / communication skills. These mentor groups will remain for the entire duration of study of the student in the college giving confidence and career growth to students.

## **10. Annexure**

Schedule of the Deeksharambh is added as Annexure 1.

**DEAN**