



**ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN**  
(Affiliated to Periyar University, Salem)  
Mookandapalli, SIPCOT, Hosur – 635 126

**Report for Ten Days Student Induction Programme**  
**Organized by the Internal Quality Assurance Cell (IQAC)**

The Student Induction Programme at St. Joseph's College of Arts and Science for Women, affiliated to Periyar University, Salem, was held from 24th June to 5th July 2024. This student induction programme was organized by the Internal Quality Assurance Cell (IQAC) and took place at the St. Francesco Auditorium. The event was meticulously planned to help new students acclimate to their college environment, offering them a mix of informative sessions and practical workshops.

**Day 1: 24th June 2024**



The programme began with an introductory session titled "Campus Unveiled: Explore Our College." Held from 2:00 p.m. to 3:30 p.m., this session was conducted by the IQAC Team of St. Joseph's College of Arts and Science for Women, Hosur. The purpose of this session was to familiarize students with the college campus, its facilities, and various departments. It was an opportunity for students to understand the history, culture, and values of the institution, thereby fostering a sense of belonging and community from the outset.

**Day 2: 25th June 2024**



On the second day, the focus shifted to the transformative power of education with a session titled "The Transformative Power of Women's Education." Dr. J. Caroline Rose, Principal of St. Joseph's College of Arts and Science for Women, Hosur, delivered an inspiring talk from 2:00 p.m. to 3:30 p.m. Dr. Rose emphasized the importance of education in empowering women, highlighting how education can be a tool for social change, personal development, and professional success.

**Day 3: 26th June 2024**





Day three featured a session on "Building and Maintaining Self Confidence" from 9:30 a.m. to 11:00 a.m. Mrs. Bindu C., an Assistant Professor from the Department of Management and Aviation Program at Christ College of Science and Management, Malur, led this session. Mrs. Bindu shared practical strategies for boosting self-confidence, addressing common challenges, and encouraging students to believe in their abilities. The session aimed to help students develop a positive self-image and resilience, essential qualities for their academic and personal lives.

#### **Day 4: 27th June 2024**



"Goal Setting" was the theme for the fourth day, with the session conducted by Mrs. Amulya Kurian, MBA, Ph.D., an Assistant Professor from the Department of Management at Christ College of Science and Management, Malur. Held from 9:30 a.m. to 11:00 a.m., this session provided students with techniques for setting and achieving their goals. Mrs. Kurian emphasized the importance of setting SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound) and provided practical tips on how to stay motivated and focused on their objectives.

#### **Day 5: 28th June 2024**



The fifth day focused on "Cyber Security," a crucial topic in today's digital age. From 9:30 a.m. to 11:00 a.m., the session was led by a cyber security expert who educated students on the importance of protecting their online presence, recognizing cyber threats, and adopting safe online practices. This session aimed to equip students with the knowledge and skills needed to navigate the digital world safely.

#### **Day 6: 1st July 2024**

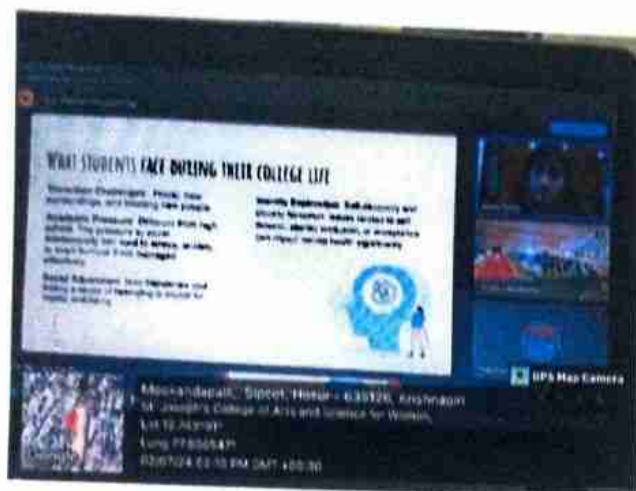


The sixth day featured a session on "Basics of Computers and Hacking" from 2:00 p.m. to 3:30 p.m. Mr. Rajiv Sharma, the Founder of Nebula Safe Tech, Hosur, conducted this session. He provided an introduction to computer basics, cybersecurity principles, and ethical hacking. This session aimed to enhance students' technical skills and



awareness about the significance of cybersecurity in their personal and professional lives.

### Day 7: 2nd July 2024



Mental health took center stage on the seventh day with a session on the "Importance of Mental Health" from 2:00 p.m. to 3:30 p.m. Ms. Sharon Antony, an Assistant Professor in the Department of Psychology at Jyoti Nivas College Autonomous, Bengaluru, led this session. She discussed the importance of mental well-being, common mental health issues among students, and strategies to maintain mental health. This session aimed to create awareness and encourage students to seek help when needed.

### Day 8: 3rd July 2024



On the eighth day, a session on "Etiquette Essentials: The Importance of Manners in

English" was held from 11:00 a.m. to 12:30 p.m. Dr. Roopa Philip, Deputy IQAC Coordinator and Dean of PG at the Department of MA English, Jyoti Nivas College Autonomous, Bengaluru, conducted this session. Dr. Philip emphasized the role of etiquette in personal and professional settings, providing practical tips on communication, body language, and social interactions.

### Day 9: 4th July 2024



The ninth day featured two sessions focusing on cyber safety. The first session on "Cyber Crime Against Women" was held from 1:30 p.m. to 2:30 p.m., conducted by Ms. Sheril Sophia D'couth, an Assistant Professor in the Department of Computer Science at Jyoti Nivas College Autonomous, Bengaluru. She discussed the various forms of cybercrime targeting women and offered advice on how to protect oneself online.

The second session on "Cyber Safety for Women" was held from 2:30 p.m. to 3:30 p.m. Mr. Deepak K. R., an Assistant Professor in the Department of Computer Science at Jyoti Nivas College Autonomous, Bengaluru, led this session. He provided further insights into online safety measures and how to avoid becoming a victim of cybercrimes.

Day 10: 5th July 2024



The final day of the induction programme featured a session on "Cultivating a Positive Mindset" from 9:30 a.m. to 11:00 a.m. Dr. Yuvaraj Raghunath Singh, Head & Assistant Professor in the Department of Microbiology at M.G.R College (Arts and Science), Hosur, conducted this session. Dr. Singh highlighted the importance of maintaining a positive attitude, resilience, and mental strength. He provided strategies for overcoming challenges, staying motivated, and achieving success.

The Student Induction Programme at St. Joseph's College of Arts and Science for Women was a resounding success. It provided a holistic introduction to college life, addressing academic, personal, and professional aspects. The programme's well-rounded approach ensured that students were equipped with the knowledge, skills, and confidence needed to navigate their college journey successfully. The diverse range of topics and expert speakers made the sessions engaging and informative, leaving a lasting impact on the new students.

  
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