



3rd Oct 2023-9.30AM-5.00PM

Health and Wellness, Emotional Intelligence, Universal Human Values, Life Skills / Soft Skills by Disha Bharat Team

Go, change the world

Disha Bharat conducted Personality development workshop as a part of students induction program program for the first year engineering students at RV College of Engineering, on 3rd October 2023 and 4th October 2023

3 Parallel workshops were undertaken. The students were **very enthusiastic and proactive** in participation. Around 700 students were spread across 3 venues - IEM auditorium, Sir. MV seminar hall and EC seminar hall.

Students shared that they had a transformational day where the lessons they have learnt from the program would help them for a lifetime.

Few of them have expressed interest in being a part of Disha Bharat and contributing in small ways that they can right from now.



KNOW YOUR SELF

KNOW YOUR COUNTRY

KNOW YOUR CULTURE

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RV Educational Institutions[®]
RV College of Engineering[®]

Autonomous
Institution Affiliated
to Visvesvaraya
Technological
University, Belagavi

Approved by AICTE,
New Delhi



Yoga for Academic Excellence: The day began with the instructors from the Disha Bharath Team emphasizing the importance of Yoga in a student's life. They explained the numerous benefits of Yoga for students, both physically and mentally. To illustrate the immediate effects of Yoga, students were guided through some yoga asanas and breathing exercises. This practical session allowed them to experience firsthand the positive impact of incorporating Yoga into their daily routines.

Celebrating Indian Culture: The instructors went on to shed light on the rich cultural heritage of India. To make it engaging, they organized a quiz about India, covering various aspects like Science, Famous Personalities, Monuments, and Rapid Fire questions. This quiz not only served as an informative session but also instilled a sense of pride and appreciation for India's glorious past and cultural heritage among the students.



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Life Skills and Ethics Session:

One of the highlights of the day was a thought-provoking Life Skills and Ethics session. Through captivating audio-visual presentations, the students were exposed to the values of kindness, selfless service, breaking down social barriers, and various other aspects of ethical living.

Team Building Exercises: To foster teamwork and cooperation, the Disha Bharath Team conducted interactive activities. These included an army game and a human pyramid formation game. These exercises not only promoted teamwork but also encouraged students to work together, communicate effectively, and solve problems collectively.

Qualities of a Better Individual:

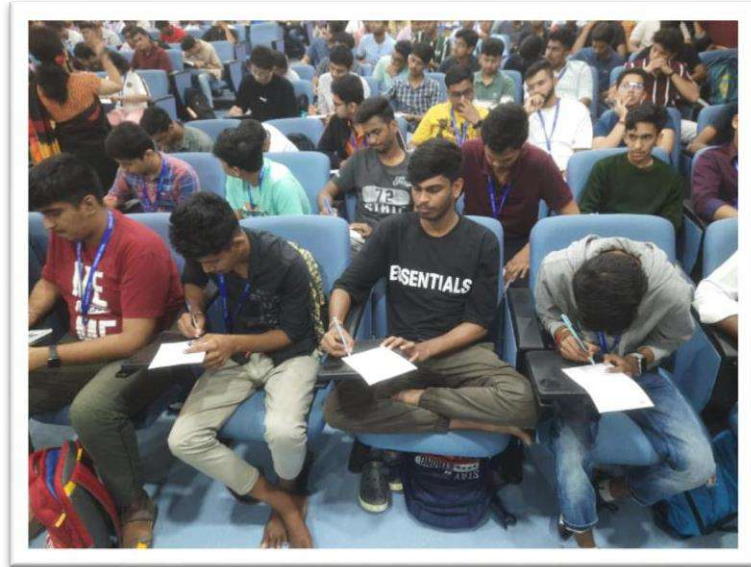
Concluding the day's sessions, the instructors shared insights into the qualities that a student should possess to become a better individual.

These qualities encompassed traits like resilience, adaptability, leadership, and a commitment to lifelong learning. The instructors motivated the students to strive for personal growth and development throughout their academic journey.



3rd Oct 2023-9.30AM-5.00PM- : Gallery

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• **Key Takeaways:**

- ❖ - The significance of incorporating Yoga into one's daily routine for improved physical and mental well-being.
- ❖ - A newfound appreciation for India's rich cultural heritage and history.
- ❖ - The importance of life skills, ethics, and values in shaping one's character.
- ❖ - Enhanced teamwork and communication skills through interactive exercises.
- ❖ - A deeper understanding of the qualities required to excel as an individual and a student.





4th Oct 2023-11.30AM-5.00PM Campus Tour: Visit to CoEs and Innovative clubs

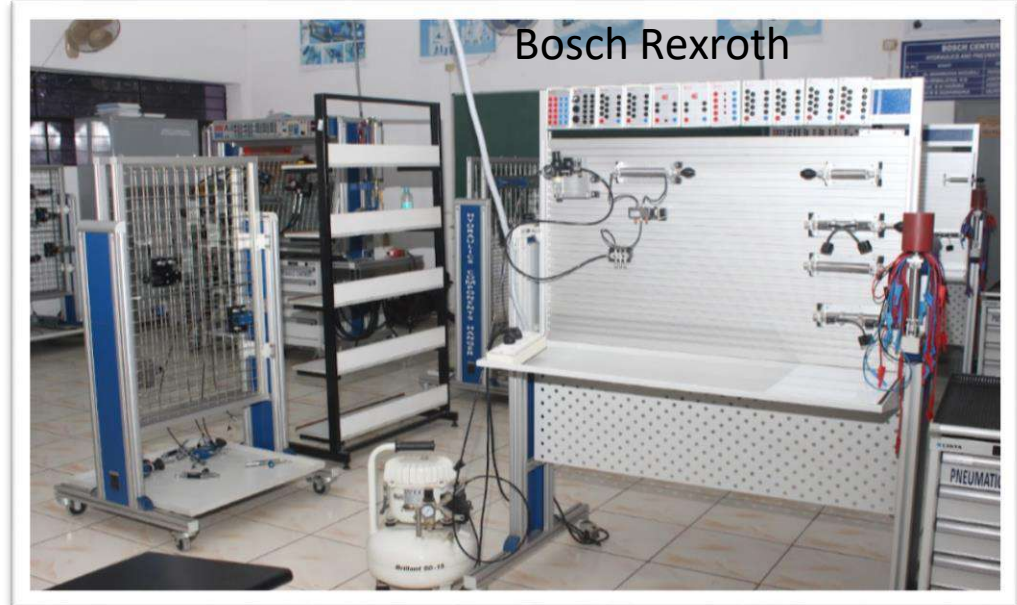
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Visit to innovative clubs: students from Various innovative clubs namely Ashwa, Antariksh, Ham radio, coding club, Ecell, Dhruv etc showed their achievements and advised students to join any one club.

3.Labs: Students were taken to the well-equipped laboratories where practical learning takes place, emphasizing the importance of hands-on experience in engineering education.

Centers of Excellence: The tour highlighted RVCE's Centers of Excellence, where students can engage in specialized learning and research in their respective fields.

Inter Disciplinary Research Center: New entrants were introduced to the Inter Disciplinary Research Centre at RVCE, promoting an understanding of the institution's commitment to cutting-edge research and innovation.



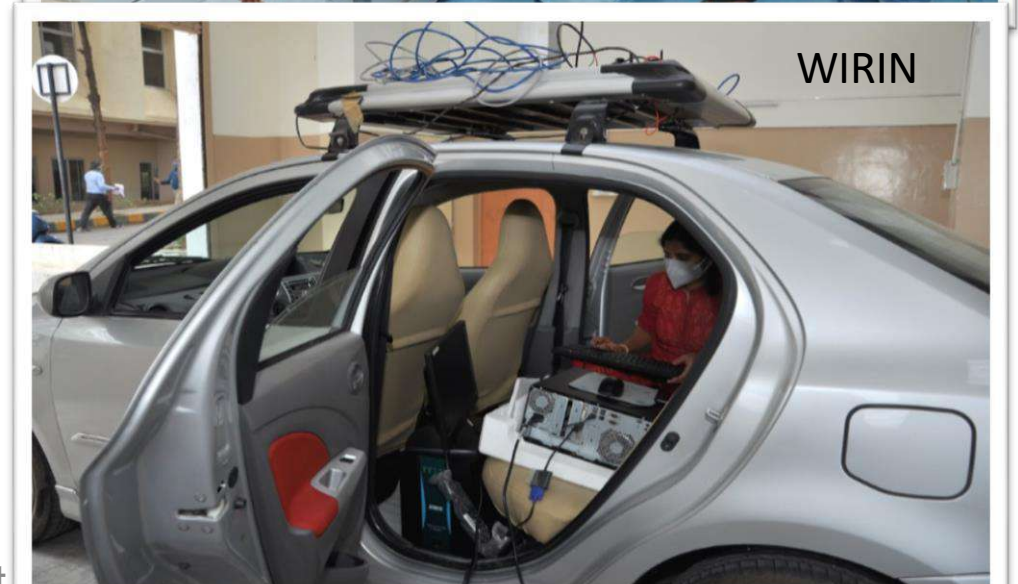


The Mercedes-Benz Lab was introduced, showcasing the partnership of Benz with RVCE and how this lab helps in the skill development of students who are interested in automobiles.

WIRIN lab which is a centre for connected autonomous vehicles was toured.

3. The next Center was the MG-EV center, RV has partnered with MG which provides many courses on electric vehicle. Internships can also be done at the MG center.

The Bosch Rexroth which is Centre of Competence for Automation Technologies was also shown. Internship can be done here and many projects are done here





4th Oct 2023-11.30AM-5.00PM

Campus Tour: Visit to Innovative clubs

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Students explored various innovation clubs:

- 1.ASHWA RACING** - Racing: Focus on high-performance vehicles.
- 2.TEAM VYOMA** - Aerodesign: National and international recognition, drone design, and research.
- 3.TEAM CHIMERA** - Formula Electric Prototypes: Participation in national and international events.
- 4.TEAM GARUDA** - Urban Concept Cars: Projects involving urban concept car prototypes.
- 5.TEAM HELIOS** - All-Terrain Vehicles: Designing versatile all-terrain vehicles.
- 6.SOLAR CAR TEAM** - Solar Cars: Development of solar-powered vehicles.
- 7.PROJECT JATAYU** - Drones: Drone-related projects and applications.
- 8.TEAM ASTRA** - Robotics: Focus on robotics projects.
- 9.TEAM KRUSHI** - Farm Machinery: Collaborations for uplifting farmers with practical projects.

10.TEAM ANTARIKSH - Aerospace Rockets: Projects related to aerospace rockets.

11.FREQUENCY CLUB - Autonomous Vehicles: Development of autonomous ground vehicles.

12.TEAM HYDRA - Underwater Vehicles: AUV development for purification, surveying, and navigation.

13.ENTREPRENEURSHIP CELL: Resources and opportunities for entrepreneurship.

14.CODING CLUB: Activities related to coding and programming

Outcomes/Key Takeaways

- The tour really helped to know more about the college and all its facilities.
- The different skill labs provides a huge opportunities to develop the skills and do the internships.
- The advanced technology facilities at the labs provide opportunities to learn more about the course.
- The innovative clubs inspired students to contribute to the project which they are working on and do some innovative wonders in the respective fields

Gallery- Visit to Innovative clubs

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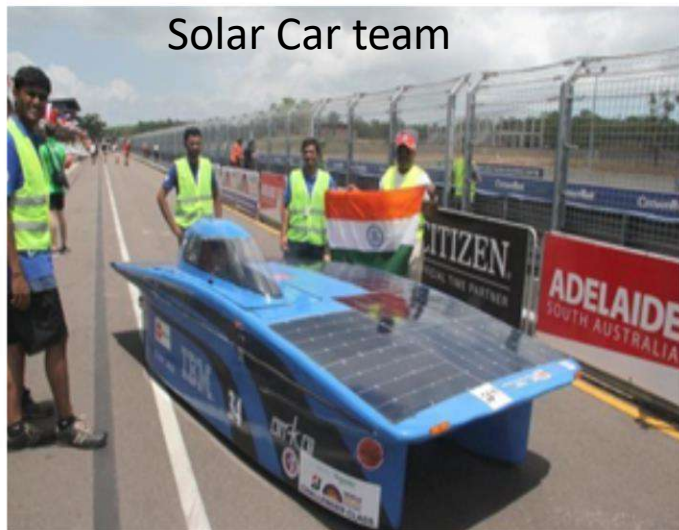
Vyoma



HAM club



Astra Robotics



Solar Car team



Antariksh



Jatayu

Gallery- Visit to Innovative clubs



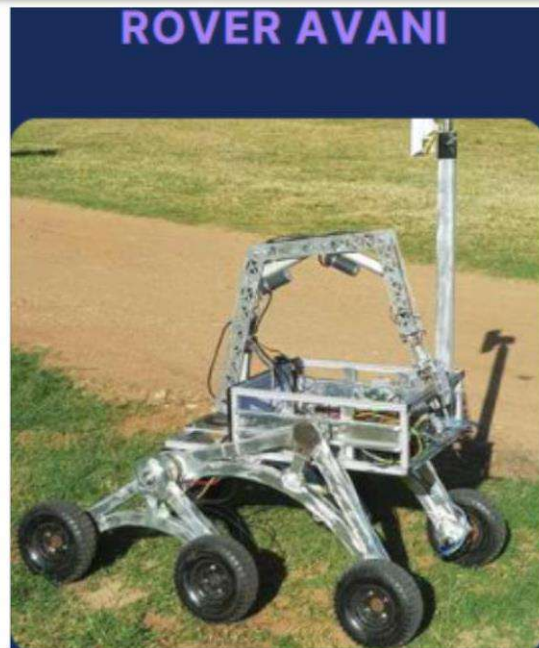
Ashwa
Racing Car
team



CHIMERA



E-Cell



ROVER AVANI



Jatayu



5th Oct 2023 -9.30AM-11AM

Social Media, Body Positivity and self love

Ms. Vaishnavi Sankeshwar, Clinical Psychologist

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Ms. Vaishnavi explored the convergence of social media, the body positivity movement, and the concept of self-love. Her words left a lasting impact on the students, as she encouraged them to kick start their days by embracing the warmth of the sun, practicing gratitude, and immersing themselves in the beauty of nature

During her talk, she delved into the advantages and disadvantages of social media, emphasizing its role in shaping our perceptions of both ourselves and others. She highlighted the growing influence of the body positivity movement, which champions self-love as a fundamental principle. She stressed the importance of self-love in maintaining mental health and overall well-being, and how practicing self-care can significantly improve both physical and mental health. The journey towards authenticity was a central theme, as she discussed its profound impact on individuals' lives. During her presentation, the speaker placed significant emphasis on the concept of the "key of balance." She highlighted the crucial role it plays in achieving overall well-being, harmony



5th Oct 2023 -11.30AM- 1.00PM Healthy Lifestyle and Cancer Awareness Dr. G.V. Giri, Radiation Oncologist

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Dr. G.V. Giri, a dedicated Radiation Oncologist, took valuable time from his busy schedule to enlighten and raise awareness among RV College of Engineering students about "Healthy Lifestyle and Cancer Awareness."

Dr. G.V. Giri initiated the session by elucidating the concept of health and what it means to be truly healthy. He emphasized that health extends beyond the absence of diseases; it encompasses emotional, social, spiritual, physical, occupational, financial, intellectual, environmental, and other aspects of well-being. Furthermore, he lamented the fact that affordable healthcare remains inaccessible to a significant portion of the global population. The session shed light on the shift from communicable diseases to non-communicable diseases (NCDs) as a predominant health concern in contemporary times. Dr. G.V. Giri cited alarming statistics, revealing that NCDs are responsible for 17 million deaths annually in individuals under 70, constituting 74% of all yearly deaths. The session delved into cancer awareness, starting with an explanation of what cancer is, how it spreads, and the procedures involved in its treatment. Dr. Giri also emphasized the role of engineering branches and emerging technologies like artificial intelligence (AI) in advancing cancer treatment.

