

Day 1: 08/08/2019 (Thursday)

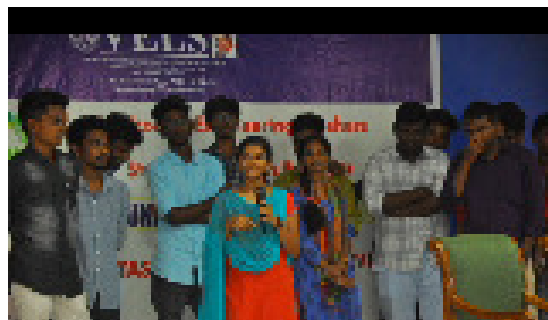
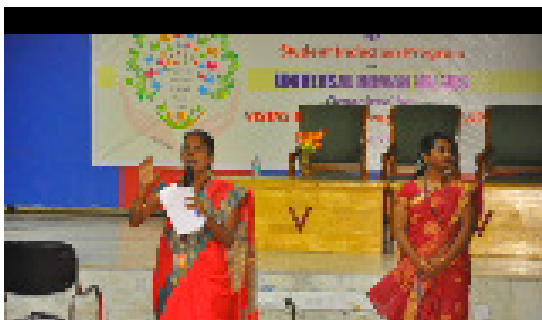
9.30 AM To 10.00 AM: Inauguration

Special Invitee: **Dr.E.N.Ganesh, Dean/ School of Engineering**



10.00 AM To 12.45 PM: Purpose of the course, and Self Introduction and Family Expectations session handled by

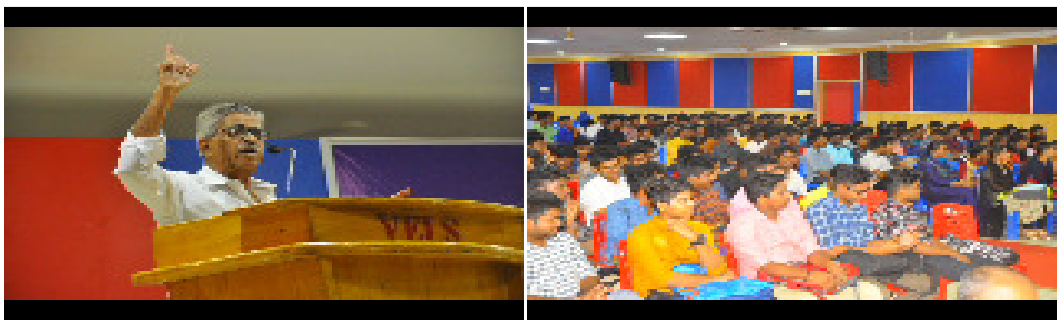
Dr. G.R.Jothilakshmi and Mrs. G.Sharmilaa, Members of VISTAS Induction Program Cell (VIPC)





A special speech by the
Pro- Vice Chancellor
Dr. S. Sriman Narayanan

1.45 PM To 3.00 PM: Guest Speaker Mr. Laxman about the Need of youth to build India



3.00 PM To 4.30 PM:

5 Groups (Yoga, Creative Arts, Campus Visit, Sports, Language Proficiency)



Day 2: 09/08/2019 (Friday)

9.30 AM To 10.00 AM: Consolidation of Previous Day Activities

10.00 AM To 11.15 AM: Gratitude Session Handled by

Dr. Vijay Ananth, Member VIPC



11.15 AM To 12.45 PM : Competition and Competence Session Handled by

Mr. S. Pradeep Kumar, Member VIPC



1.45 PM To 3.00 PM : Guest Speaker Mr. Prakash about the pride of India



3.00 PM To 4.30 PM:

5 Groups (Yoga, Creative Arts, Campus Visit, Sports, Language Proficiency)



Day 3: 13/08/2019 (Tuesday)

9.30 AM To 10.00 AM: Consolidation of Previous Day Activities

10.00 AM To 11.15 A: Harmony in Self and Body Session Handled by Dr. G.R.Jothilakshmi
, Member VIPC



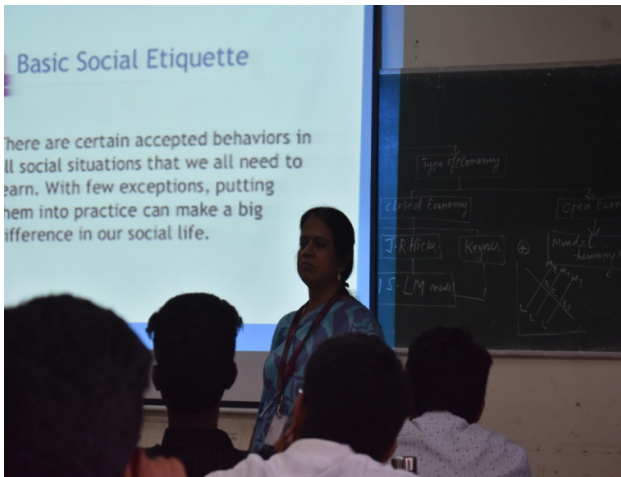
11.15 Am To 12.45 Pm: Self Confidence and Peer Pressure Session Handled by Mrs.
G.Sharmilaa, Member VIPC



1.45 Pm To 3.00 Pm: Guest Speaker (Internal): Dr. P.Mahalingam, Dean/ School of Languages about the Social Clubs for Empowering Youth.



3.00 Pm To 4.30 Pm: 5 Groups (Yoga, Creative Arts, Campus Visit, Sports, Language Proficiency)



Day 4: 14/08/2019 (Wednesday)

9.30 AM To 10.00 AM: Consolidation of Previous Day Activities

10.00 AM To 11.15 AM: Anger Session Handled by Dr. Anandan , Member VIPC



11.15 AM To 12.45 PM: Prosperity Session Handled by Mr. S. Pradeep Kumar, Member VIPC



1.45 PM To 3.00 PM: Guest Speaker (Internal): Dr. Prabhakaran, Associate Professor/ Tamil about the Human Ethics in Tamil Literary.



3.00 Pm To 4.30 Pm: 5 Groups (Yoga, Creative Arts, Campus Visit, Sports, Language Proficiency)



Day 5: 19/08/2019 (Monday)

9.30 AM To 10.00 AM: Consolidation of Previous Day Activities

10.00 AM To 11.15 AM: Harmony in Family Session Handled by Dr. G.K.Jothilakshmi, Member VIPC



11.15 AM To 12.45 PM: Relationship Session Handled by Dr. Vijay Ananth, Member VIPC



1.45 PM To 3.00 PM: Guest Speaker (Internal): J.Akshay, Final Year/ EEE about the Transformation of Engineering Students From First Year to Final Year in VISTAS.



3.00 Pm To 4.30 Pm: 5 Groups (Yoga, Creative Arts, Campus Visit, Sports, Language Proficiency)



Day 6: 20/08/2019 (Tuesday)

9.30 AM To 10.00 AM: Consolidation of Previous Day Activities

10.00 AM To 11.15 AM: Harmony in Nature Session Handled by Mrs. G.Sharmilaa, Member VIPC



11.15 AM To 12.45 PM: Harmon in Society Session Handled by Mr. S. Pradeep Kumar, Member VIPC



1.45 PM To 3.00 PM: Guest Speaker: Ramkumar ISO Consultant about Character Building to Continuous Happiness



3.00 Pm To 4.30 Pm: 5 Groups (Yoga, Creative Arts, Campus Visit, Sports, Language Proficiency)



Day 7: 21/08/2019 (Wednesday)

9.30 AM To 12.30 PM: Pond Cleaning by the students





1.45 PM to 4.30 PM: Sports



Day 8: 22/08/2019 (Thursday)

9.30 AM to 12.30 PM: Cultural based on Human Values



1.30 PM to 2.30 PM: Feedback Session

2.30 PM to 3.30 PM: Valedictory Function

Chief Guest: Mr. VenkatrajRadhakrishnan, Bussiness Head- South India, IIT Madras Research Park, Chennai.



