

Report of an online session organized under the banner of ISTE Faculty Chapter on INDUSTRY, INTERNSHIP EXPECTATION, REALITY AND FUTURE 2022

Sardar Vallabhbhai Patel Institute of Technology, Vasad has organized an online session on “Industry, internship Expectation, Reality and future-2022” on 13th August 2022, 10.00 am to 11:30 am. The event was organized for 2022-pass out students. The objective of program was to obtain their experience and feedback about internship with industry and to use their valuable inputs to upcoming final year students.

Total 32 faculties and recently pass out students participated in above event. Students have actively participated in this interactive session and very fruitful Q&A was carried out.

Summary of their comments is as mentioned below:

- 1) To step into industrial world and face upcoming challenges.
- 2) It is an Enjoyable and Learning experience.
- 3) Perform things practically and gain knowledge for theoretical concepts.
- 4) To learn how to handle critical situations.
- 5) Take initiative and interact with industry experts.
- 6) In industry it is not necessary to work only in the field of study, it is required to handle multidisciplinary tasks.
- 7) Require to communicate and represent effectively with manager, employee, customer...
- 8) One should possess basic human values like Punctuality, time management, discipline, patience...
- 9) Students are required to be conceptually clear to deal with industrial work.
- 10) Consider internship as an opportunity to learn. Don't consider only for certification.
- 11) New skills learnt from industry internship will be helpful in meeting career goal.

The event became successful due to the collective efforts of ISTE faculty chapter coordinators and recently pass-out students whose suggestions and feedback will be useful to the final year students for enhancing their technical and analytical skills and preparing themselves for the demand of the industry.

Meet - fgx-qzvp-vqv - Google Chrome
meet.google.com/fgx-qzvp-vqv?authuser=0

Bhavini Pandya is presenting

- ▶ Did you have any learning objectives in mind when you applied for the internship?
- ▶ Did you receive enough training to do your internship effectively?
- ▶ What did you most enjoy about your internship experience?
- ▶ Is there something you think you could have done to improve your internship experience?

10:26 AM | fgx-qzvp-vqv

Participants: Dipen Patel, Sebin Sebastian, 03_dhruv baria, Gargi Chauhan, Bhavini Pandya, 056_Anirudh, 24 others, You.

Meet - fgx-qzvp-vqv - Google Chrome
meet.google.com/fgx-qzvp-vqv?authuser=0

Bhavini Pandya is presenting

- ▶ What was the least satisfying about your internship experience?

10:27 AM | fgx-qzvp-vqv

Participants: Dipen Patel, Gargi Chauhan, 28 others, You.

People

Add people

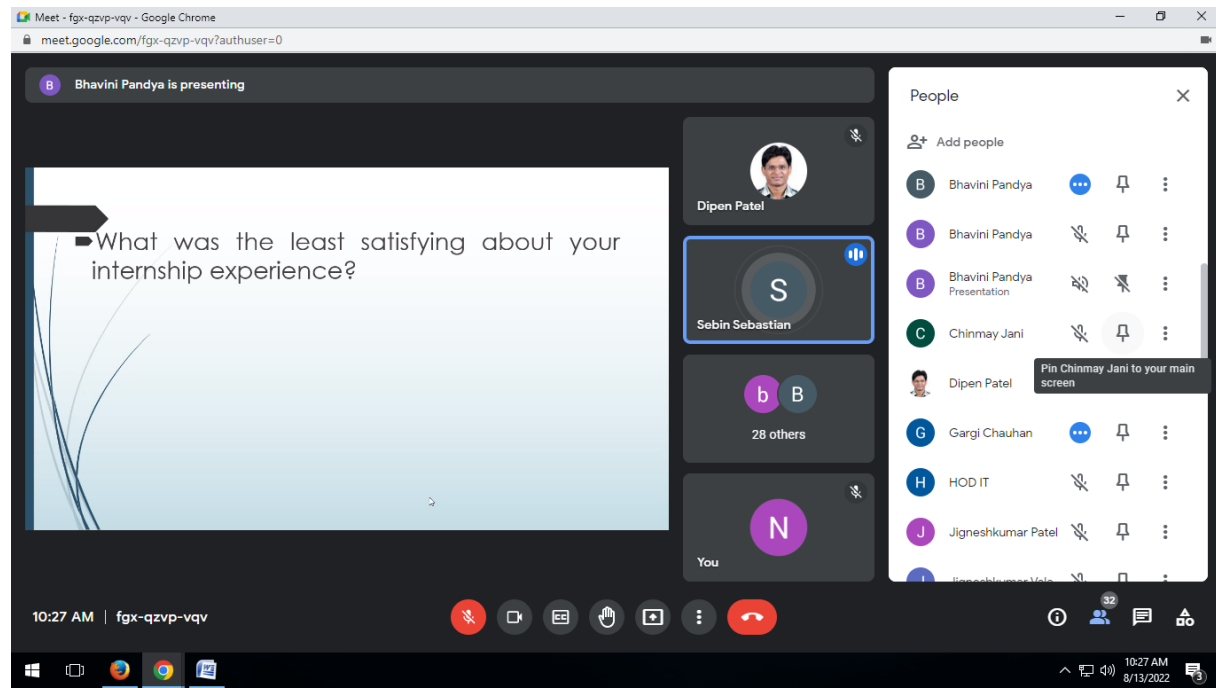
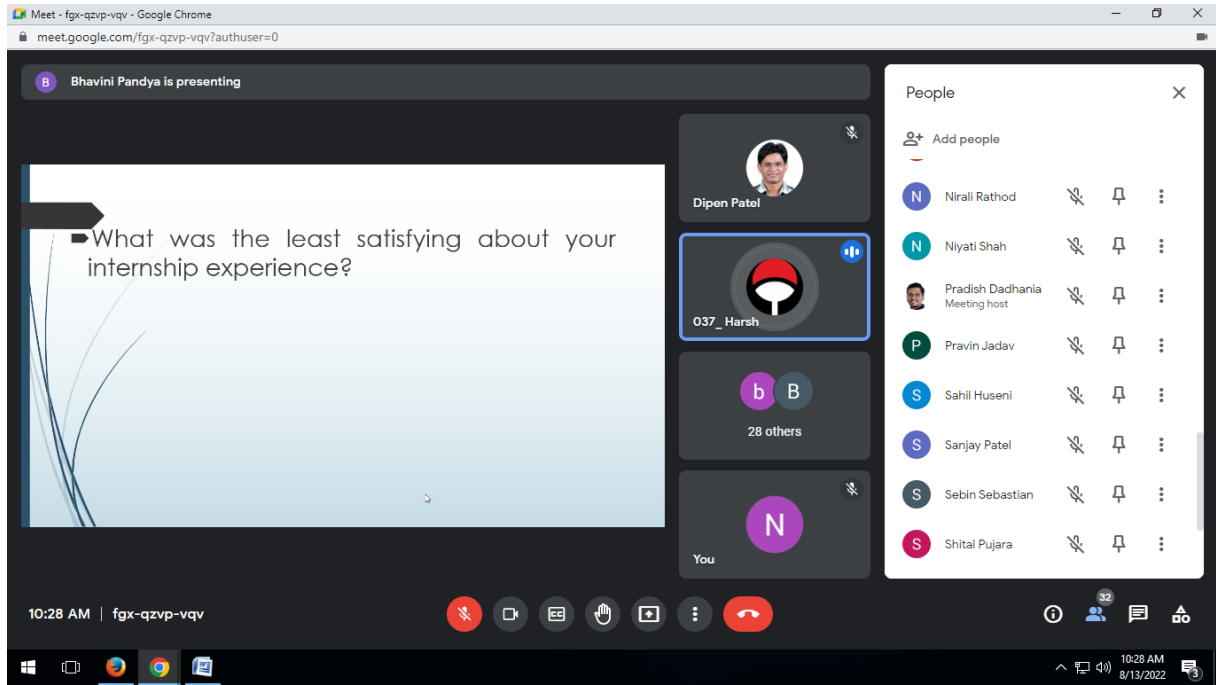
Search for people

1 raised hand

- 03_dhruv baria

In call

- Nisha Shah (You)
- 014_Dency Bhavsar
- 03_dhruv baria
- 037_Harsh
- 056_Anirudh



Report of three days workshop organized under the banner of ISTE Faculty Chapter on Art of Living Happiness programme

Sardar Vallabhbhai Patel Institute of Technology, Vasad organized four workshops of three days on happiness program of “Art of living” as per the following details.

Sr. No.	Starting Date	End Date	Participants	No. of participants
1	9 th December 2022	11 th December 2022	Staff Members – Phase 1 (Faculties and Non-teaching staff)	32
2	2 nd February 2023	4 th February 2023	Students	30
3	10 th February 2023	12 th February 2023	Staff Members Phase 2 (Faculties and Non-teaching staff)	29
4	24 th February 2023	26 th February 2023	Staff Members Phase 3 (Faculties and Non-teaching staff)	33

The “Art of Living” is an organization founded by Sri Sri Ravishankarji. In the all the courses of three days, participants had the opportunity to explore the art of self-discovery.

Under the guidance of Ladoo Kumavat and her team, students engaged in sessions focusing on anger management, inner peace, meditation, the benefits of a satvik diet, and the importance of yoga in one's life. These sessions took place in the SVIT's sports room.

This event provided students with practical tools to enhance their well-being, promoting a sense of balance and inner tranquility. The "Art of Living" program was a unique and valuable experience that empowered participants to embark on a journey toward a more peaceful and centered life. With every session, participants uncovered new insights into their emotional well-being and spiritual growth. They learned practical tools to handle life's challenges and promote a sense of balance.

Under the guidance of Ladoo Kumavat and her team, students and staff members of the college engaged in sessions focusing on anger management, inner peace, meditation, the benefits of a satvik diet, and the importance of yoga in one's life. These sessions took place in the SVIT's sports room.

This event provided students and staff members with practical tools to enhance their well-being, promoting a sense of balance and inner tranquility. The "Art of Living" program was a unique and valuable experience that empowered participants to embark on a journey toward a more peaceful and centered life.



SUDHARSHAN KRIYA

A guide for home practice



3 Stage Pranayama

Use Ujjayi breath

- 1st Stage: 4-4-6-2 (8 times)
- 2nd Stage: 4-4-6-2 (8 times)
- 3rd Stage: 4-4-6-2 (6 times)

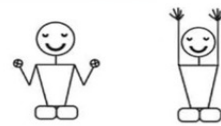


Rest for 10 seconds after every stage

Bhastrika

Use normal deep breath

- 3 rounds: 20 times
- Rest for 10 seconds after every stage



Om Chanting

- Chant OM 3 times



Sudharshan Kriya

Use normal breath

- 3 rounds: 20-40-40
- End with 10 deep breaths
- Rest/ meditate/ lie down for 10 minutes



20

40

40





Opposite values are complimentary to each other.



Accept people and situation as they are.



Don't be a football of others opinion.



Do not see intentions behind others mistakes.



Live in the present. The present moment is inevitable.



Ups and downs are part of life, smiling through them is art of life.





