

## ORIENTATION PROGRAMME REPORT - 2022

- 17/10/2022 - YOGA : A SPIRITUAL DISCIPLINE  
- JENSON JOSE - HOD (EEE DEPT)
- 18/10/2022 - MOTIVATIONAL CLASS  
- REV FR JOSE KANNAMPUZHA  
(DIRECTOR OF ACADEMICS)
- 19/10/2022 - ANTI DRUG AWARENESS PROGRAMME  
- MR. SHAMEER-N (CIVIL EXCISE OFFICER)
- 20/10/2022 - UNDERSTANDING ADOLESCENT MIND  
- MRS. MILU MARIA ANTO (HOD - PSYCHOLOGY DEPT)
- 21/10/2022 - SELF DEFENCE FOR WOMEN (TSR CITY POLICE)
- 26/10/2022 - INTRODUCTION TO VARIOUS PROFESSIONAL CLUBS  
- PROF. RATNAN-P (VICE PRINCIPAL - JECC)  
- IEDC (MR. ANIL ANTONY, CSE)

*Joseph*

*John*





Motivational Class

by Jyothi Begrao

18<sup>th</sup> of October, 2022 Father Jose Korampath

qualified Mechanical Engineer, but at present an academician, arranged a special session, to emphasize us on setting goals for the future, no matter how big it is. He starts with some basic points. And then as a real-life example, he had presented a video clip of Steve Jobs, 2005 Stanford Commencement Speech, where he mentions

three simple stories of his life, 'Connecting the Dots', 'Lose and 'Near Death'. Father Jose had translated them into simple sentences, so as to make us understand even more easily.

The stories highlights were, the background of Steve Jobs from birth, how his parents were used for his college life, how and why he had remained a drop-out within the college and how he took the course calligraphy, and then developed technology within his father's garage, how he was thrown out of the company because of his mistake, but turned out to be helpful in clearing his mind of heaviness, and met the love of his life. And then finally how he almost faced death but was safe after an operation for pancreatic cancer. After displaying the whole speech, Father Jose emphasized us to study and set goals, using a dream board and to love our parents and our teachers.

Jyothi



## MOTIVATIONAL Class By JEC

On the 18<sup>th</sup> of October 2022, Father J. J. Karamba who is the director of academics at JEC, organized a session for the 1<sup>st</sup> year students of the hall. He talked about the importance of setting a goal and working towards it. He starts off by basic statements then moved on to show a real life example. He took Steve Jobs speech which he presented in 2005 in Stanford. It was a speech which consisted of his own life and life lessons. Father showed us the video of the speech.

After that Father for the sake of our convenience translated the whole speech into simple words and presented it to us. He talked about the importance of setting up of goals no matter the dream. His soft yet powerful words got the whole crowd excited. He had his best to let us know the importance of planning for the future and advised to love and respect our parents, teachers & family.

Jorals

Deep  
J. J. Karamba



# REPORT

On 19<sup>th</sup> October 2022, Our College organised an anti-drug awareness program that was held in the college auditorium. Mr. Shameer A., an civil excise officer from the Excise range office parthayannur was invited as chief guest. The faculty team of our College made the necessary arrangements for the session.

The session began by 2:40 pm with a silent prayer. The chief guest reminded the audience the importance of the anti-drug awareness program. He informed the students that consumption of drugs is illegal and can have an adverse effect on their body. It could also affect them badly both physically and mentally. He also shared many suitable stories from his experience in being the carriers of the drugs. He also explained the various stages in which a student starts the consumption of drugs. He stated that the session mainly aimed at educating and enabling the youth of Kerala to reject drugs. The session by 3:50 pm.



# REPORT

On 20<sup>th</sup> October 2022, Our college organised a psychological class in the school auditorium Mrs Milu Maria Anto, clinical psychologist, Asst professor and Hon. prajyoti Niketan College, puducherry was invited as the chief guest Mr Alan Jacob from ME department welcomed the gathering.

The session began by 2.40 with a silent prayer. The chief guest explained the importance of psychological classes. The class was based on the topic 'understanding Adolescent mind'. She began by mentioning the various problems faced by the abovesaid age group. She reminded the various reasons for the same. She also shared her valuable experience as a clinical psychologist and also reminded the main mental problems faced by the students of this group. Ms. Jishan from Civil department shared her feedback. Finally Mr Edwin Jose from RA department conveyed his words of gratitude. The session ended by 3.00 pm.

*John*



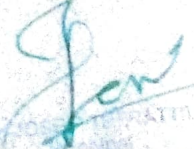
## Mental Health Awareness Class

10<sup>th</sup> October 2022, Dr. Milu Maria Anzo, her psychology 1<sup>st</sup> rank holder, MA psychology 2<sup>nd</sup> rank holder, presently HOD of psychology dept in Prajyoti Niketan college arranged conducted a special session on adulthood, teenage mental health. Mental health is a major concern worldwide and Kerala is not far behind in showing this. progress in mental health service delivery has been slow.

"Your mind matters", human mind has biggest computer ever seen in world, controlling and guiding mind leads us to mould up a great life. Dr. Milu Maria's wonderful session about the topic "Your mind matters" have showed up the problems, the frustrations, depressions and anxiety which hatched the life of teenagers.

Without a proper control over these, it may lead to life threaten, this fruitful session brought us to the awareness about ourselves, she was very kind and open to us and made us more efficient, and she made us able to know and take care of ourselves.

"Mind over matter" no mind equals infinite possibilities. Knowledge and power on anyone of these possibilities determines reality and the shaping of matter.

  
DR. MILU MARIA ANZO  
HOD, DEPARTMENT OF PSYCHOLOGY  
PRAJYOTI NIKETAN COLLEGE  
CHENGAMANGALAM - 688511



Women's self-defense ultimately gives women freedom, as they are able to defend themselves against both mental, emotional and physical challenges.

The class held on 21/11/2022 lead by Preethika PK, Shiji PB, Sheeja IA, Sindhu KS, helped us so much to find ways on how to protect ourselves.

Some of the self-defense tips discussed in the class were, 1. Always beware of our surroundings. 2. Use strength against their vulnerabilities. 3. Get loud and fresh back. 4. Take an opportunity to run. Demonstrations on how to react against various attacks was also given.

It helped us to understand the topic further better. Overall it was a very needed and informative class. Thanking JEC for teaching us on how to defend ourselves from common dangers.

Jeral



Jec







First year Orientation Program 2022

# ADD-ON COURSES OFFERED TO BTech STUDENTS



DATE: 28/10/2022

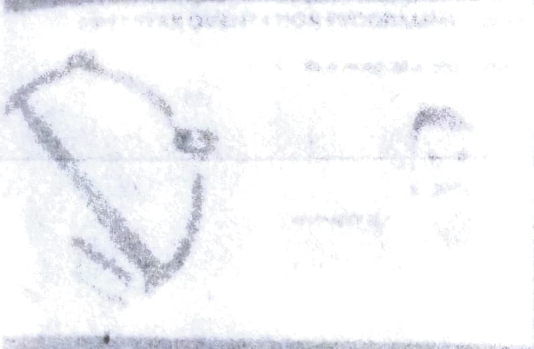
Resource Person:  
**Fr. David Nettrikkadan**  
Assistant Professor  
Jyothi Engineering College

# Jyothi

Engineering College

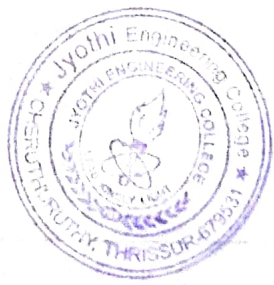


*Jyothi*  
Dr. J. G. S. ...  
Jyothi Engineering College  
Chandanthary



*Jee*

*Jee*  
Dr. Jee  
Jyothi Engineering College  
Thiruvananthapuram





*Joseph*  
DR. JOSE P. THERATTIL  
Principal

Jyothi Engineering College  
Chennai, India - 600 075






*Handwritten signature in blue ink.*





*Joni*  
Jyothi Engineering College  
Cheruthuruthy - 679531





First year  
Orientation Program  
2022

# SELF DEFENCE

Resource:  
Thrissur City Police Self Defence Master Trainers.



**Jyothi**  
Engineering College

*Handwritten signature*

*Handwritten mark*