

Symbiosis School for Liberal Arts
Induction and Orientation Schedule 2023-2024 – 15th July 2023 to 22nd July 2023
Batch 2023-2027

Time	Activity/Event	Venue	Remarks
Day 1, 15th July 2023 (Saturday)			
Note: Parents are also invited for all the sessions on Saturday			
9.00am -10.00am	Attendance and Registration, SIU & SSLA Film	Old Viman Nagar Campus, Pune (Map Location)	On our behalf, please invite your parents for the sessions scheduled on Day 1. Sessions scheduled on Day 2 & onward are designed only for the students. Students need not carry any documents on Day 1 of the Induction Programme. On this day, students are requested to wear comfortable clothes appropriate to light physical activities. These activities will not be tiresome.
10.00am-11.00am	Inaugural talk by Director, Introduction to Faculty and Staff		
11.00am-11.30am	Tea break		
11.30am-12.15pm	Programme Structure and Electives		
12.15pm-12.35pm	Brief Intro on the Campus and Hostel Facilities		
12.35pm-01.30pm	Session designed only for Parents: 'Parenting Young Adults'		
12.35pm-01.30pm	Session designed only for students: 'Team building / Light Physical Activity'		
01.30pm-2.30pm	Lunch (Lunch is arranged for all the guests at the venue) & break-off		
16th July 2023 (Sunday) - HOLIDAY			
Day 2, 17th July 2023 (Monday)			
10.00am-11.00am	Introduction to SSLA Staff & Faculty		
11.00am-1.00pm	Eligibility and Documentation Completion (Batch-wise)	SSLA, 3rd floor, New Viman Nagar campus, Pune (Map Location)	On Day 1 of the Induction Programme, you will receive detailed guideline regarding elective options that you have in the first semester and how to select them.
11.00am-1.00pm	Library Sessions (Batch-wise)		
01.00pm-02.00pm	Break		
2.00pm-4.00pm	Elective sign-up link will be shared with you at 12 noon on 17th July 2023. This link will remain active for 48 hrs.		
Day 3, 18th July 2023 (Tuesday)			
10.00am-04.00pm	Eligibility and Documentation Completion (Batch-wise)	SSLA, 3rd floor, New Viman Nagar campus, Pune (Map Location)	These sessions are designed for the students only
11.00am-12.30pm	SYMBICARE Team Sessions		
12.30pm-01.30pm	Break		
01.30pm-4.00pm	Library Sessions (Batch-wise)		
01.30pm-4.00pm	Elective Sign-up		
Day 4, 19th July 2023 (Wednesday)			
10.00am-04.00pm	Eligibility and Documentation Completion (Batch-wise)	SSLA, 3rd floor, New Viman Nagar campus, Pune (Map Location)	These sessions are designed for the students only
10.00am-01.00pm	Library Sessions (Batch-wise)		
01.00pm-02.00pm	Break		
2.00pm-3.30 pm	Symbiosis Centre for Entrepreneurship & Innovation		
2.00pm-4.00pm	Elective Sign-up link will be open till 12 noon		
Day 5 : 20th July 2023 (Thursday)			
09.00am-10.30am	Session on 'Gender Sensitization'	SSLA, 3rd floor, New Viman Nagar campus, Pune (Map Location)	These sessions are designed for the students only.
10.30am-11.00am	Session on 'Academic and Disciplinary Committees'		
11.00am-11.30am	Session on 'Internship Requirement'		
11.30am-12.00pm	Session on 'Community Outreach Programme'		
12.00pm-01.00pm	Break		
01.00pm-02.00pm	Session on 'Mental Health'		
02.00pm-03.30pm	College Health Education Programme		
Day 6 : 21st July 2023 (Friday)			
09.00am-09.30am	Session on 'Research at SSLA'	SSLA, 3rd floor, New Viman Nagar campus, Pune (Map Location)	These sessions are designed for the students only.
09.30am-10.00am	Session 'Learning Management System (Moodle)'		
10.00am-10.30am	Session on 'Exam processes'		
10.30am-11.30am	Session on 'Human values'		
11.30am-12.30pm	Alumni Interaction		
12.30pm-01.30pm	Break		
01.30pm-02.30pm	Session with 'International Cell at SSLA'		
02.30pm-04.30pm	Session on 'Cells, Clubs, Councils and Societies at SSLA'		
Day 7 : 22nd July 2023 (Saturday)			
09.00am-4.30pm	Outbound Activity	SIU Lavale Campus	
4.30 pm	End of the Induction and Orientation Program		

The Classes will commence from 24th July 2023.

Day 1: 15 July 2023 (Saturday)

Session: Inaugural Talk

Duration: 10:00 am - 11:00 am

By: Dr. Shweta Sinha Deshpande (Director, SSLA)

- Dr. Shweta Sinha Deshpande introduced the faculty and staff at SSLA explaining the roles of everyone on the third floor
- She also introduced the new batch and their parents to the Student Council and UGC prescribed committee's introduction. This was done through a presentation.



Session: Programme Structure and Electives

Duration: 11:30 am - 12:15 pm

By: Dr. Afshan Majid (Academics, SSLA)

- Dr. Afshan Majid, Academics in-charge SSLA, explained the programme structure and credit system to both the parents and the students.
- She also threw light on the core subjects the students will have in the current semester along with the numerous options in electives.
- She also explained the assignment and exam processes.



Session: Brief Intro on the Campus and Hostel Facilities

Duration: 12:15 pm - 12:45 pm

By: Col. Sihorkar (Campus Officer*, SSLA)

- Col. Sihorkar explained the process for hostel rooms allocated to students and parents.
- He also briefed them on some important details about the hostel life and the different support systems available.

Session: 'Parenting Young Adults'

Duration: 12:45 pm - 1:45

By: Dr. Anita Pathankar (Advisor, SSLA)

- Dr. Anita Patankar conducted a session on Parenting Young Adults for the parents and guardians of the students.
- This session was only for parents and was focused on both student life in college years and how to adapt to these changes in their parenting journey.



Session: 'Team Building Ice-breakers'

Duration: 12:45 pm - 1:45

By: Student Team for Orientation (Headed by Sheuli Banerjee, Batch 2021-25)

- The first year students were divided into clusters of 10 with a volunteer each who conducted a number of games and activities focused on team building, getting to interact with one another and were also competitive.



Day 2 : 17th July 2023 (Monday)

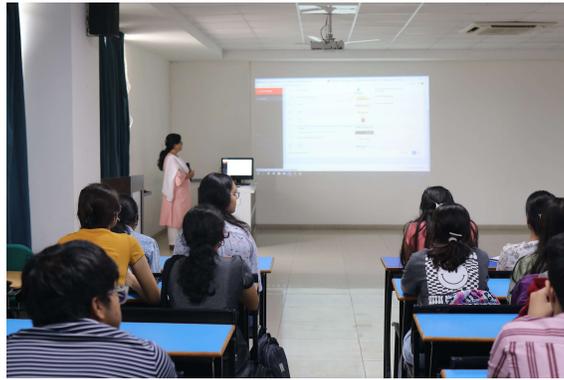
Session: Library Session

Duration: 10:00 am - 11:00 am

By: Dr Shweta Sinha Deshpande and Ms.Smita Kadam

- Introduction of open door policy, class timings and importance of communication with faculty and admin by Shweta ma'am.
- Introduction to Smita ma'am.
- Introduction to the library staff with contact details as well as the physical and virtual library provided by SSLA.
- Library timings, software used (KOHA)
- Library collection, number of books, periodicals, newspapers, magazines etc.
Explanation on the E database and their resources.
- National digital library - institutional membership- DELNET
- Guidelines to access online resources

- Siu portal - login link
- Library rules and regulations- penalties
- URLs provided for -
 - SIU - central library
 - Miscellaneous resources available on SSLA website
 - Publishers/Publications
 - Plagiarism checkers, citations generators
 - JSTOR and other online databases



Session: Eligibility and Document Verification

Duration: 11:00 am - 3:00 pm

By: Administrative Staff (and facilitated by Student Volunteers)

- Eligibility documents were submitted to the administrative staff by students one by one to ensure that their applications and admissions requirements are completed.



Day 3: 18th July 2023 (Tuesday)

Session: Campus Tours

Duration: 9:00 am - 10:00 am

By: Student Team for Orientation

- Parents and first year students were given a tour of the campus and its facilities
- Q&A session held in smaller groups



Session: Eligibility and Document Verification and Library Session (Continued)

Duration: 9:00 am - 11:00 am; 1:30 pm - 4:00 pm

By: Administrative Staff, Library Staff

- Eligibility documents were submitted to the administrative staff by students one by one to ensure that their applications and admissions requirements are completed.
- Library Staff also conducted tours in the Library, taking students through the different resources available on site.

Session: Symbicare Session

Duration: 11:00 am - 12:30 pm

1. Department of Student Welfare (DSW) - Dr. Vaishali Jundre (Head, DSW)
2. Symbiosis Centre for Health Care (SCHC) - Dr. Aishwarya (Medical Officer)
3. Department of Sports Recreation and Wellness (DSRW) - Mr. Wasim Khan (Sr. Sports officer) & Mr. Rehan Lahot (Sr. In-charge gym)
4. Symbiosis Centre for Emotional Wellbeing (SCEW) - Dr. Rahul Bagle (Deputy Head,



SCEW)

5. Symbiosis University Hospital and Research Centre (SUHRC) - Dr Kedar Tambe (Head SUHRC) - present online

Day 4: 19th July 2023 (Wednesday)

Session: Eligibility and Document Verification and Library Session (Continued)

Duration: 9:00 am - 2:00 pm

By: Administrative Staff, Library Staff

- Eligibility documents were submitted to the administrative staff by students one by one to ensure that their applications and admissions requirements are completed.
- Library Staff also conducted tours in the Library, taking students through the different resources available on site.

Session: Symbiosis Centre for Entrepreneurship & Innovation

Duration: 2:00 pm - 3:30 pm

By: Mr. Yogesh Brahmkar (SCEI)

- Our Director, Shweta Ma'am introduced the Symbiosis Centre for Entrepreneurship and Innovation (SCEI) and the session facilitator, Yogesh Brahmkar



- The session started off with a discussion about why entrepreneurs are required
- It went on to chart out different aspects of entrepreneurship
- The volunteers helped pass the mics around during the discussion and subsequent Q&A round
- It was a conversational session and students shared their own experiences with running small businesses, and so on
- The event was covered by the volunteers from the Branding Cell
- Shweta Ma'am concluded the session with a vote of thanks, and thus the event was wrapped up



Day 5 : 20th July 2023 (Thursday)

Session: Gender Sensitisation

Duration: 9:00 am - 10:30 am

By: Dr. Richa Minocha

- The session starts by identifying difference between gender and sex
- Talked about what the ideology of gender determines in us (expectations, allowances and what is valued in us)
- Presented a video on an introduction to the queer community. the video speaks the importance of letting people define their on gender/sexual identity and respecting these identities
- Discussed the relationship between patriarchy, masculinity and gender
- Examined gender and it's manifestations in different classes and intersectionality
- Discussed gender justice, equality and equity
- Discussion on gender and sport and trans folk in international sporting arenas

- Discussion on gender policy at SSLA and SIU
- Gender stereotypes, sexual harassment and consent discussed
- Talked of how multiple dimensions of identity compounds vulnerability
- Video shown on consent



Session: Academic and Disciplinary Committees and Anti-Harassment Laws

Duration: 10:30 am - 11:00 am

By: Dr. Manjari Jonnalagadda

- Introduction to Anti-Ragging Committee, Internal Complaints Committee, and Social Conduct and Review Committee emphasising action against bullying and cyberbullying.
- Introduction to Campus Health Advisory Committee and Crisis Management Committee.
- Introduction to the Academic Review Committee with an emphasis on academic honesty.
- Dress code and expected conduct from students.
- Disciplinary committee at SSLA
- Introduction and briefing of UGC Mandated committees:
 - Anti-ragging committee
 - Internal complaints committee (spoke of what constitutes sexual harassment)
- Introduction and briefing of SIU Constituted Committee:
 - Campus disciplinary committee (deals with misconduct within the active campus (SSLA spaces) or spaces you share with other institutes comes under the preview of this committee)
- Introduction and briefing of SSLA Constituted Committees:

- Academic Review Committee (deals with plagiarism, academic dishonesty all matters pertaining to academics for both students and faculty)
- Social Conduct Review Committee
- SSLA Grievance Redressal Committee
- Role of grievance officer: one who can communicate things to the ARC SCRC or director
- Dress code at SSLA discussed (students are to follow guidelines mentioned in the student handbook)
- Internet etiquette at SSLA discussed



Session: Internship Requirement

Duration: 11:00 am - 11:30 am

By: Dr. Anurupa Ghatge (Career Cell)

- Introduction to the Career Cell at SSLA
- Internship Briefing - 4 credits (240 hours) - LOR given - brief on internship report (8,000 to 10,000 words) - internship validation letter - report to be submitted in semester 7 - presentation and viva after submission of report
- Importance of time management and taking initiative reiterated



Session: Community Outreach Programme (COP)

Duration: 11:30 am - 12:00 pm

By: Prof. Gayatri Mendanha and Ms. Ananya Dutta

- Discussion about when the Community Outreach Project should ideally be completed and when the report is supposed to be submitted.
- Discussion about the presentation and viva that will take place after the completion of the project.
- Information about the acceptance letter, validation letter, time log sheet, daily log sheet, and mentor evaluation.
- Discussion about the Community Outreach Project that will be held towards the end of the first year.
- Importance of the Community Outreach Project report that needs to be submitted at the beginning of Semester 5.



Session: Mental Health

Duration: 1:00 pm - 2:00 pm

By: Symbiosis Centre for Emotional Well-being (SCEW)

- Activity: Recognizing Emotions
 - Participants engaged in exercises to identify and acknowledge different emotions, promoting emotional awareness and self-understanding.
- Leaving Home for College and Associated Feelings
 - Explored the emotions experienced by individuals when leaving home for college, including excitement, fear, and anxiety.

- Discussed coping strategies and support systems to help ease the transition.
- Adjusting to a New Environment and Social Anxiety
 - Addressed the challenges of adapting to a new environment and dealing with social anxiety.
 - Provided coping mechanisms to overcome social anxiety and foster positive social interactions.
- Transitions in Relationships
 - Explored the impact of transitions on relationships, such as peer pressure, competition, and changes from young to old relationships.
 - Discussed how distance can affect relationships and strategies for maintaining healthy connections.
- Factors Influencing Self-Worth
 - Examined external and internal factors that influence one's perception of self-worth.
 - Discussed negative self-talk and methods to cultivate a positive self-image.
- Understanding the Stress Spectrum
 - Explored the relationship between emotional wellness, mental health issues, and physical health disorders.
 - Raised awareness of stress management techniques and seeking help when needed.
- Motivation: Intrinsic and Extrinsic
 - Differentiated between intrinsic and extrinsic motivation.
 - Explored strategies to enhance motivation and goal-setting.
- Importance of Resilience
 - Emphasised the significance of resilience in facing challenges and setbacks.
 - Encouraged practising positive self-talk and seeking inspiration from role models.
- Self-Care: Beyond Bubble Baths
 - Discussed the broader concept of self-care, including emotional expression and setting boundaries.

- Encouraged participants to prioritise their mental well-being and practice self-compassion.
- Helping each other
 - Knowing how and who to reach out for help. SCEW's counselling and mental health screenings.
 - Peer support groups like Mental Health Champions that advocate for mental health awareness.



Session: College Health Educational Programme (SCHC)

Duration: 2:00 pm - 4:30 pm

By: Dr. Supriya Kutty

- Health protocols to be followed on campus were discussed.
- Health facilities provided by the Symbiosis Centre for Health Care were relayed
- Guidelines for Medical Leave provided



Day 6: 21st July 2023 (Friday)

Session: Research at SSLA

Duration: 9:00 am - 9:30 am

By: Dr. Vaidyanatha Gundlupet and Dr. Sumitra Surendralal

- Talked about research interns and their responsibilities.
- Gave an introduction to research and writing and models of research.
- Talked about the responsibilities of the Research Cell with respect to seminar papers and other research project programmes.
- Research at SSLA: Talked about the courses on Research Methodology and other activities offered at SSLA that promote research.
- What is research: (difference between colloquial use of the term vs how it's used in an academia)
- Introduction to research courses at SSLA throughout the four years:
 - Semester 2: RM1
 - Semester 5: RM 2
 - Semester 6: RM 3
 - Semester 7&8: Research Project and Seminar Paper
- Role of research cell at SSLA:
 - Undertakes activities to promote undergraduate research in the form of workshops, seminars etc.
 - Discussion on previous research projects by senior students and alumni
 - Discussion on what a research proposal entails



Session: Use of software in exam / academic-related processes (Moodle)

Duration: 9:30 am - 10:00 am

By: Dr. Kishori Kasat

- Introduction to Moodle and directions to use it.
- Introduction to how students use moodle
- Students informed on how attendance is shown on moodle
- Guided the students on how to access the session plans and other resources
- Helped students understand how to go about submission of assignments
- How quizzes and tests work on moodle



Session: Exam Processes

Duration: 10:00 am - 10:30 am

By: Ms.Renu Sarda & Exam Department

- Introduction to Exam department

- Video on exam system at SSLA
- ATKT Policy discussed
- Photo specifications discussed
- Brief on exam policy at SSLA



Session: Human Values

Duration: 10:30 am - 11:00 am

By: Dr. Vasudev Menon

- Dr. Vasudev Menon discussed the UGC mandate for students and the UHV and its implementation
- Discussed Universal Human Rights and Constitutional Rights
- Provided some resources for students to go through for additional information on the same.



Session: International Cell

Duration: 1:30 pm - 2:30 pm

By: Dr. Vasudev Menon and Aishwarya Ghule (Student, Batch 2025)

- Introduction to the International Cell.
- Talked about the opportunities that internationalisation offers students at SSLA.
- Gave an account of exchange opportunities and their selection criteria.
- Talked about course mapping.
- Answered questions put forth by the student body.



Session: Cells, Clubs, Councils and Societies at SSLA

Duration: 2:30 pm - 4:30 pm

By: Cultural team (Shaunak Chodankar & Tanisha Menon, Batch 2026)

- Quick session held by cultural team members on the various clubs, cells, societies and publications.
- Conducted to give first year students an idea of what they can expect from the various organisations before the club heads would conduct a formal introduction session with them.



Day 7: 22nd July 2023 (Saturday)

Session: Outbound Activity, Lavale

Duration: 9:00 am - 4:00 pm

By: DSRW Team

- The session started with a lovely breakfast for the entire team and later a brief introduction about the DSRW team and vice versa, and what is their role in the University.
- The initial session started with ZUMBA and a few warm up exercises. Later the teams were divided into groups with a leader for each of the team and identify a name for themselves.
- After a few games like Save the World, Asset River the team had a lovely lunch. After lunch there were group games conducted like Protecting the Egg, Making a Newspaper Model.
- This session helped the students to interact and know each other really well. They all enjoyed the day at the beautiful campus of Lavale and were back later in the evening.



Orientation and Induction Student Team

1. Sheuli Banerjee (2021-25) *Team head*
2. Sandhi Umredkar (2020-24)
3. Adya Sharma (2021-25)
4. Rachana Jadhav (2021-25)
5. Iliyan Sharif (2022-26)
6. Kanishka Khaitan (2022-26)
7. Kritika Mittal (2022-26)
8. Riddhi Rohtagi (2022-26)
9. Rugmini Kalithodi (2022-26)
10. Shivansh Badiyani (2022-26)
11. Shreya Nair (2022-26)
12. Srujan Lanjewar (2022-26)
13. Tanisha Menon (2022-26)
14. Urja Deshmukh (2022-26)

Branding and Media Coverage Team

1. Jai Bakshi (2021-25) *Live Coverage, Co-Head*
2. Teesta Karkera (2021-25) *Live Coverage, Co-Head*
3. Reva Shah (2021-25) *Social Media Team*
4. Shaunak Chodankar (2022-26) *Social Media Team*