

Report on Induction Program for Freshmen Batch of OPJU-2023

OP Jindal University organized an Orientation Program for Freshmen batch students of OPJU from **23rd August to 2nd September, 2023**. This induction program played an important role in providing opportunities to the students to interact and understand each other and to know the sports activities, University facilities and ambience of the campus and develop some of the good habits which help them for career building.

In the orientation program we have included Morning Fitness, Self Defense, Aerobic, Fire & Safety, Army Training, Health & Hygiene, Mandala Art, Posture & deformities, personality development and Motivational talk to the students.

Self Defense

To make them aware about the skills of self-defiance and protection in case of any happening (This exercise is good for girls)

Aerobic Excursive

To make them healthy & fit and understand the importance of exercise in daily life.

Morning Fitness Program

Physical activities are an essential part of daily life and help to develop a healthy and social life for the better living and meditation helps to relax our body and mind.

Fire & Safety

To get the knowledge of fire & safety in order to protect and save the life and property in case of any fire hazards.

Health & hygiene

To understand the importance of health and hygiene and protect from communicable and non-communicable diseases.

Posture & Deformities

Sitting and standing with proper alignment improves blood flow, helps keep your nerves and blood vessels healthy, and supports your muscles, ligaments, and tendons. People who make a habit of using correct posture are less likely to experience related back and neck pain.

Yoga

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India and aim to control and still the mind, ...

Army Training

To make the students physically strong through obstacle training.

Mandala Arts

A mandala is a complex abstract design that is usually circular in form. In fact, "mandala" is a Sanskrit word that means "circle". Mandalas generally have one identifiable center point, from which emanates an array of symbols, shapes and forms. Mandalas can contain both geometric and organic forms.

Benefit of Orientation program for the students: -

Orientation program for students marks a successful beginning of a college session as it assures to the new students that they made a good decision in their University choice. It also helps students prepare for a successful career with clear vision about what lies ahead and what can be achieved at the end of their courses.

- Development of Self-confidence
- Teamwork/Team spirit
- Learn Leadership quality
- Social Skills
- Discipline
- Career and passion
- Improved energy levels
- Managing emotions
- Friendly culture environment.
- Improve happiness Index.

This orientation program empowering the Youth for tomorrow and encouraging students to learn more about themselves while realizing their true potential. They explored their own strengths while participating in all the activities.

Sports orientation program was conducted successfully and students enjoyed a lot by participated with full enthusiasm and learned many things for the overall development of their personality.



Inaugural invitation, Time Table and duty Chart of Faculties and staff for Freshmen Batch Induction Program 2023 (23rd August to 02nd September, 2023)

1 message

Dr. Laxminarayan R. Bhandarkar <laxminarayan@opju.ac.in> Mon, 21 Aug, 2023 at 16:06
To: allfacultyandstaff@opju.ac.in
Cc: Dr Satyabrata Das <s.das@opju.ac.in>, Girish Mishra <girish.mishra@opju.ac.in>, Siddharth Chakrabarti <siddharth.chakrabarti@opju.ac.in>, Gurrala Madhusudhana Rao <gm.rao@opju.ac.in>, Dr. Rakesh Nayak <rakesh.nayak@opju.ac.in>, Saket Jeswani <saket.jeswani@opju.ac.in>, Mahasakti Mahamaya <mahasakti.mahamaya@opju.ac.in>, HoD-School of Management <shesadev.nayak@opju.ac.in>, Amit Kumar Sinha <amit.sinha@opju.ac.in>, Surendra Dwiwedi <surendra.dwiwedi@opju.ac.in>, vikash.kumar@opju.ac.in, Dipti Shukla <dipti.shukla@opju.ac.in>, Registrar OPJU <registrar@opju.ac.in>, Dr R. D. Patidar <rd.patidar@opju.ac.in>

Respected Faculty and Staff members,

It gives us immense pleasure to invite you all to attend the Inaugural Session of the **Freshmen batch Induction Program 2023**, scheduled to be held on **23rd August 2023**.

All the concerned Faculties and Staff assigned for the Freshmen batch Induction Program 2023 are requested to coordinate with the respective team as per the attached Time Table, duty Chart and make this event a successful and memorable event.

All the respected HoD's are requested to please adjust the departmental load/classes of the assigned faculties and staff from your respective department as per the attached Time table.

1/2



Your Cooperation and blessings in this regard will be highly appreciated.

Note: Any Change in the respective schedule will be notified.

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With Warm Regards,

Dr. Laxminarayan R. Bhandarkar

Ph.D. (VSSUT, Burla), M.E. (Pune University), B.E. (Nagpur University)

Associate Professor - Mechanical

Internship and Placement Incharge - Mechanical | OP Jindal University

Ref No. OPJU/Sports/ Orientation /2023/11

Date: - 18/08/2023

To,
Mr. Hari De
Deputy Manager
Occupational Health & Safety
Steel Structure Division, Jindal Steel & Power
Punjipathra, Raigarh (C.G)

Subject- Invitation for conducting Fire & Safety session in Orientation program for the freshman batch of OP Jindal University, Raigarh.

Dear sir
Greetings from the O P Jindal University family!

We are glad to inform you that OP Jindal University is organizing an Orientation program for the freshmen batch students from 23rd August 2023 to 2nd September 2023 for the School of Engineering, School of Management, and School of Science students. Importance of Fire safety for the students is the set of practices intended to reduce the destruction caused by fire. Fire safety measures include those that are intended to prevent ignition of an uncontrolled fire, and those that are used to limit the development and effects of a fire after it starts.

We would like to request you to kindly conduct the Fire & Safety session during 23rd August 2023 to 2nd September, 2023 for Engineering, Science and Management students and teach how to prevent and protect from fire if the incident happens.

Soliciting your kind acceptance of our invitation.

Kind Regards



(Dr. Amit Kumar Paras)
Deputy Director-Sports
OP Jindal University, Raigarh
Deputy Director Sports
OP Jindal University
Raigarh (C.G.)

Ref No. OPJU/Sports/Orientation/2023/09

Date: - 18/08/2023

To,
Mr. Deepak Kumar Goyal
Deputy Manager
Occupational Health & Safety
Steel Structure Division, Jindal Steel & Power
Punjabpathra, Raigarh (C.G)

Subject- Invitation for conducting Fire & Safety session in Orientation program for the freshman batch of OP Jindal University, Raigarh.


Dear sir
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Soliciting your kind acceptance of our invitation.

Kind Regards



(Dr. Amit Kumar Paras)
Deputy Director-Sports
O P Jindal University, Raigarh
Deputy Director Sports
OP Jindal University
Raigarh (C.G.)

Ref No. OPJU/Sports/ Orientation/2023/08

Date: - 18/08/2023

To,
Dr. Kali Muthu
Factory Medical Officer & Head
Jindal Trauma Center,
Punjipathra, Raigarh (C.G)

Subject- Invitation for conducting Health & Hygiene session in Orientation program for the freshman batch of OP Jindal University, Raigarh.


Dear sir
Greetings from the O P Jindal University family!

We are glad to inform you that OP Jindal University is organizing an Orientation program for the freshmen batch students from 23rd August 2023 to 2nd September 2023 for the School of Engineering, School of Management, and School of Science students. Importance of Health & Hygiene for Students may dramatically lower their chance of catching illnesses and diseases by exercising good hygiene, such as routinely washing their hands, brushing their teeth, and taking a bath. Overall, personal hygiene is vital for preventing illness, maintaining physical health, and enhancing mental well-being.

We would like to request you to kindly conduct the Health & Hygiene session during 23rd August 2023 to 2nd September, 2023 for Engineering, Science and Management Students and teach about the Importance of Health & Hygiene in daily life.

Soliciting your kind acceptance of our invitation.

Kind Regards



(Dr. Amit Kumar Paras)
Deputy Director-Sports
O P Jindal University, Raigarh
Deputy Director Sports
OP Jindal University
Raigarh (C.G.)



UNIVERSITY OF STEEL TECHNOLOGY
AND MANAGEMENT
Date: - 18/08/2023

Ref No. OPJU/INVITATION/Orientation /2023/02

To,
Mr. Jai Yadav
Secretary, Association of Self Defense
Raigarh (C.G)

Subject- Invitation for conducting Self Defense session in Orientation program for the freshman batch of OP Jindal University, Raigarh.

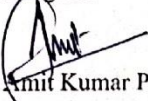
Dear Mr. Jai Yadav
Greetings from the O P Jindal University family!

We are glad to inform you that OP Jindal University is organizing an Orientation program for the freshmen batch from 23rd August to 2nd September 2023 for the School of Engineering, School of Management, and School of Science students. Self Defense training help to protect yourself from various critical conditions. It helps to become physically and emotionally fit & and strong ability to defend yourself from other and improve self-esteem and boosts your confidence

We would like to request you to kindly conduct the Self Defense session during 23th-31st August 2023 for Engineering, Science and Management Students and teach about the skill for the protection.

Soliciting your kind acceptance of our invitation.

Kind Regards


(Dr. Armit Kumar Paras)
Deputy Director-Sports
O P Jindal University, Raigarh
Deputy Director Sports
OP Jindal University
Raigarh (C.G.)

OP JINDAL UNIVERSITY
OP Jindal Knowledge Park, Punjipathra, Raigarh - 496109, (C.G.)
t:+91 7767 254000 | www.opju.ac.in

Ref No. OPJU/INVITATION/Orientation /2023/01

Date: - 1708/2023

To,
Mr. Manjesh S
Aerobic Instructor
Raigarh (C.G)

Subject- Invitation for conducting Aerobic session in Orientation program for the freshman batch of OP Jindal University, Raigarh.

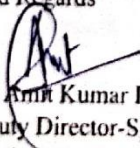
Dear Mr. Manjesh
Greetings from the O P Jindal University family!

We are glad to inform you that OP Jindal University is organizing an Orientation program for the freshmen batch from 23rd August to 2nd September 2023 for the School of Engineering, School of Management, and School of Science students. Aerobic exercise is a physical activity that uses large muscle groups in body. Exercise is usually rhythmic and repetitive it can adjust the intensity of your workout, which is how hard your body works during this type of exercise.

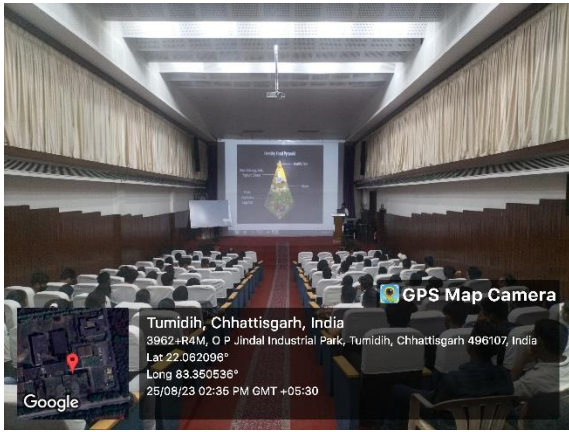
We would like to request you to kindly conduct the Aerobic exercise session **during 23rd-31st August 2023 from 11:00 AM- 12:00 PM** for Engineering & Science Students and **3:00 PM-4:00 PM** for Management Students and teach and train the students about the importance of Aerobic exercise in our daily life.

Soliciting your kind acceptance of our invitation.

Kind Regards



(Dr. Anil Kumar Paras)
Deputy Director-Sports
O P Jindal University, Raigarh
Deputy Director Sports
OP Jindal University
Raigarh (C.G.)



GPS Map Camera
Tumidih, Chhattisgarh, India
3962+R4M, O P Jindal Industrial Park, Tumidih, Chhattisgarh 496107, India
Lat: 22.062096°
Long 83.350536°
25/08/23 02:36 PM GMT +05:30



GPS Map Camera
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Long 83.348045°
25/08/23 06:37 AM GMT +05:30



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25/08/23 06:37 AM GMT +05:30



GPS Map Camera
Punjipath, Chhattisgarh, India
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Long 83.35062°
29/08/23 02:22 PM GMT +05:30



GPS Map Camera
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GPS Map Camera
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