



INSTITUTE OF ADVANCED RESEARCH  
*The University for Innovation*

Orientation Program for Semester III, V, VII Students  
4th - 7th August 2020

01

Tuesday  
4 August

**Session I ( Inauguration: 11 AM - 12 PM )**

President's Speech

Deans Address- Cultural change in education system

Vote of Thanks- Ruchi Singh

**Session II ( 12 PM - 1 PM )**

Expert Talk on Cyber Security by Mr. Nitin Padariya

**Session III ( 2:30 PM - 4:30 PM )**

Tools for Teaching- Divya Dileep and Vishal Vyas

02

Wednesday  
5 August

**Session IV ( 11 AM - 1 PM )**

Talk on Mental Health & Stress Management – Naresh L Trivedi,

Incharge (Psy) Kanoria Centre for medical Education

Talk by happiness counsellor – Mrs.Smita Tyagi

**Session V ( 2:30 PM - 4:30 PM )**

Effective communication skills - Mr. Santhosh Kana

(Author, Blogger, Mentor)

03

Thursday  
6 August

**Session VI ( 11 AM - 1 PM )**

Yoga for physical and mental well-being – Mr. Shailesh Pandya

(Yoga Instructor Art of Living)

**Session VII ( 2:30 PM - 4:30 PM )**

Departmental session By HODs/ ACs/ PCs\*

04

Friday  
7 August

**Session VIII ( 11 AM - 1 PM )**

Mentor –Mentee Session

**Session IX ( 2:30 PM - 4:30 PM )**

Clubs @ IAR