

**QUEEN MARY'S COLLEGE (A), CHENNAI – 04**

**DEPARTMENT OF COMMERCE**

**ORIENTATION PROGRAMME 2024 - 2025**

On 5th July 2024, an orientation program was conducted by the CSC Computer Education at Mylapore for the first-year B.Com students of the Department of Commerce, Avichi Krishnan College. The program aimed to introduce students to the essential concepts and advantages of integrating practical learning with theoretical knowledge, as well as highlighting the importance of skill development through platforms like Tally.

The session covered three main topics: **“Earn while you Learn”**, **“Cherish Theory through Practice”**, and **“Tally's Empirical Way of Learning”**.



## **INDUCTION PROGRAM –“SECRET OF SUCCESS”**

The induction program on the "Secret of Success" was conducted by Dr. H. Sai Geetha, Head of the Department and Associate Professor of Psychology at Dr. Ambedkar College, Chennai. Dr. Geetha shared insights on how success is not merely about achieving goals, but also about understanding one's strengths, setting clear objectives, and maintaining resilience in the face of challenges. Emphasizing the importance of self-discipline, time management, and a positive mindset, the session encouraged students to focus on personal growth, continuous learning, and perseverance. It aimed to inspire students to adopt practical strategies for achieving long-term success in their academic and personal lives.



## INDUCTION PROGRAM – “HEALTH AND HYGIENE – YOGA”

The induction program on “Health and Hygiene – Yoga” was conducted by Mrs. Geetha, a skilled yoga trainer. The session focused on the importance of incorporating yoga into daily life to promote physical and mental well-being. Mrs. Geetha highlighted various yoga practices that improve flexibility, boost immunity, and reduce stress. She emphasized how yoga can enhance overall health, contribute to better hygiene through improved blood circulation, and foster a balanced lifestyle. The program aimed to inspire students to adopt yoga as a regular practice to maintain good health, hygiene, and mental clarity in their everyday routines.





