FOUNDATION PROGRAMME
FOR FRESHERS
AT
ICAR-NDRI
2017
1923 Established in Bangalore as Imperial Institute of Animal Husbandry and Dairying.
1936 Renamed as 'Imperial Dairy Institute'.
1955 National Dairy Research Institute came into existence at Karnal, at the former Central Cattle Breeding Farm.
Bangalore facilities became Southern Regional Station of the Institute.
1961 B.Sc. Dairying bifurcated into two branches, namely B.Sc. (Dairy Technology) and B.Sc. (Dairy Husbandry); M.Sc. Dairying courses commenced at Karnal.
1962 Western Regional Station established at Bombay.
1964 Eastern Regional Station established at Kalyani (W.B.).
1966 Institute brought under the aegis of ICAR.
1975 Operational Research Project initiated.
1976 Department of Human Nutrition and Dietetics established at NDRI, Karnal.
1979 M.Sc., Ph.D. Programme in Dairy Engineering commenced at Karnal.
1983 IDD (DH) started at Bangalore.
1985 ‘Farm Advisory Bureau’ and ‘Industrial Consultancy Cell’ set up. The Institute recognised as Centre of Excellence in Animal Biotechnology.
1987 Embryo Biotechnology Centre established.
1989 The Institute granted ‘Deemed to be University’ status.
M.Sc. in Biotechnology started.
1990 Birth of Pratham, first IVF buffalo calf of the world.
1991 20 bedded Hospital Complex set up and made functional.
National Agricultural Research Project (NARP) funded through World Bank.
1994 The Institute got recognition as Centre of Advanced Studies in Dairy Technology and Dairy Cattle Breeding.
1996 A two-year National Dairy Diploma (NDD) course introduced at Southern Regional Station of NDRI at Bangalore.
The ICAR award (1993-94) for outstanding KVK conferred on the NDRI KVK.
1997 A state-of-the-art Auditorium having seating capacity of 950 and 2 conference rooms and 2 meeting rooms made functional.
A commercial Model Dairy Plant with a capacity of 60,000 lit./day commissioned for providing practical training to the students of NDRI University and to serve as an interface between Institute and Industry.
1998 A Modern Cafeteria with seating capacity of 150 constructed in front of the Institute Hostels.
1999 Nine NATP Projects with financial outlay of 266.25 lakhs initiated.
2000 NDRI bagged the Best Annual Report Award second time in succession for the years 1996-97 and 1997-98 in the category of large ICAR Institutes.
A Guest House with two suites named as ‘Kamdhenu’ was constructed at SRS, Bangalore.
Platinum Jubilee of the Institute celebrated on 7th - 8th April 2000 at SRS, Bangalore.
Web-site of NDRI was created and launched by the Hon’ble Union Minister for Agriculture on 23rd December 2000.
2001 Foundation stone of the Agricultural Technology Information Centre laid on 1st August, 2001 under NATP project at NDRI, Karnal.
2002 International Students’ Hostel equipped with modern facilities and amenities constructed at NDRI, Karnal.
Feed Quality Control Lab. set up to help keep-strict quality check on feeds being fed to bovine livestock.
2003 State-of-the-art milking parlour system introduced in cattle yard.
2004 First IVF goat kid born at NDRI.
ATIC centre at NDRI established.
2006 New Animal Biotechnology Centre commissioned.
NDRI awarded with the Niche Area of Excellence project on Buffalo Production and Reproduction Genomics.
2007 Creation of Video Conferencing Lab and Mini Auditorium.
2009 World First Cloned Buffalo Calf and second cloned calf ‘Garima’ produced by hand-guided cloning technique at NDRI.
DIST supported Technology Business Incubator (TBI) facility made functional.
New Course Curricula for B.Tech in Dairy Technology and Masters and Doctoral Programmes introduced.
Reforms in examination system, grading system and introduction of comprehensive exam. for Ph.D. programme introduced.
2010 8th Convocation of NDRI, Deemed University held in presence of Dr. A.P.J. Abdul Kalam, Former President of India.
2011 M.Sc. in Forage Production Introduced at NDRI, Karnal.
National Academy of Dairy Sciences Launched at NDRI, Karnal.
NDRI Recognised as Centre of Advanced Faculty Training (CAFT) in the Disciplines of Dairy Production and Dairy Processing.
Referral Lab on Milk Quality and Safety established at NDRI, Karnal.
Business Planning and Development (BPD) Unit established at NDRI, Karnal.
2013 First female calf named ‘Mahima’ was born to a cloned buffalo on 25th January 2013.
A male cloned buffalo calf named ‘Swarn’ was born on 18th March 2013. Donor somatic cell used was isolated from the seminal plasma of an elite bull.
Diploma Course in Dairy Technology started at Southern Regional Station, Bangalore.
2014 NDRI bagged the Sardar Patel Outstanding ICAR Institution Award presented by Hon’ble Prime Minister of India, Sh. Narendra Modi Ji.
A female cloned calf named ‘Lalima’ was born on 24th May, 2014.
A male cloned calf named ‘Rajat’ was born.
Garima, a cloned buffalo, earlier born at NDRI produced second female calf named ‘Karishma’.
A new educational approach ‘Farmers’ Farm School’ of NDRI was started at village Gorgarh, Karnal.
NDRI implemented MIS/FMS to carry out administrative and financial activity of the Institute.
M.V.Sc. & Ph.D. (ARGO) degrees started at NDRI, Karnal.
2015 A female cloned calf named ‘Swarupa’ – a clone of ‘Karan-Kirti’, the highest milk producing Murrah buffalo was born on August 1, 2015.
M.Sc. (Food Science & Nutrition) degree commenced at NDRI, Karnal.
2016 Two service centres of NDRI established at Lalukheri, Muzzafarnagar (UP) and Piparkothi East Champaran (Bihar).
2017 Additional KVK established at Eastern Campus, Kalyani.
ICAR-NDRI ranked as Number One University among all agricultural universities in the country.
ICAR-National Dairy Research Institute is relentlessly working towards achieving excellence in its Human Resource Development programmes for accelerated dairy development in the country. The Institute believes in the inclusive growth of its students and strives to impart holistic educational programmes to make them agents of transformation of the Dairy Industry. Over the years the Institute has developed world class education and research facilities, which include state-of-the-art laboratories, environment friendly hostels; large sports ground and indoor sports complex endowed with modern gymnasium. Besides academics, all the students are encouraged to participate in regular extra-curricular activities. Since the Institute attracts students from all over the country and the globe; it serves as a very apt platform for providing them opportunities for cross-learning and understanding the diverse cultures and ethos.

In consonance with the vision and mission of NDRI, the Institute in the recent past, has come up with a number of initiatives such as establishment of Student Empowerment Unit and Students Quality Assurance Cell. To give a fillip to its mission of being a world-class institution, NDRI introduced a ‘Foundation Program’ for the Freshers of 2017-18 batch at the start of the first semester to help students become exuberant, healthy, informed, aware and well-rounded personalities. The Foundation Program has aimed at tapping the innate talents of the students by providing them enabling and vibrant academic environment and nurturing them into outstanding professionals and accomplished human beings. During this one month long programme, the students were exposed to multifarious extra-curricular group activities such as Theatre & Dramatics, Dance, Music, Art & Craft, Literary, Soft Skills and Yoga. It was made mandatory for all the new comers to choose and participate in any event/s as per their interest, aptitude and liking, thus, throwing open to them a world of avenues for expressing their hidden talents and creativity.
Besides academics, the month long Foundation Program included workshops on Mastering Public Speaking; Team Building; Climbing the Leadership Curve; Effective Ways to Communicate in English; Improving Professional Communication and Spoken English; Gender Equality & Environmental Awareness; Stress Management and social and ethical issues. These sessions were planned to mentor the students on public speaking; team spirit; developing the power of belief and unlocking human potential; overcoming distractions and bad habits; and leadership development. All the freshers were made to compulsorily participate in physical exercise & yoga sessions as a part of the Foundation Programme, for their balanced intellectual, physical and emotional development. The outcome of the program was a grand success. Within a short time, the students from diverse social and cultural backgrounds could mingle and interact on a single platform in a unique way. They could overcome their stage inhibitions and could express their inner strengths freely. The usefulness of the programme was evident from the feedback expressed by the students. For most of them, this month long exercise was rejuvenating, eye opening and discovering a new way to enjoy academics. The Foundation program gave the students a stage to discover themselves in fresh light, to unwind, to share and to realize their slumbering powers that they never dreamt of possessing. The month long journey culminated into formation of clubs for different group activities. This souvenir chronicles the reminiscences of the month long splendid odyssey for all students to preserve and cherish. This document would also serve as a roadmap and a guide for the mentors and students to transform our vision of ‘Holistic Education System at NDRI’ for years to come.

Dr RRB Singh
Director
ICAR-NDRI, Karnal
## Foundation Programme at a Glance

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<tr>
<th>Day</th>
<th>I (6.00-7.30 AM)</th>
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<th>III (11.00-12.30 PM)</th>
<th>IV (2.30-4.00 PM)</th>
<th>V (4.00-5.30 PM)</th>
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<td>Gender Equality &amp; Environmental Awareness</td>
<td>Judge your Entrepreneurial Skills</td>
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<td>27.08.17</td>
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<td>Yoga &amp; Exercise</td>
<td>Bharat Swachhta Abhiyan</td>
<td>Clean Your Campus and Neighbourhood</td>
<td>Leisure</td>
<td>Club Formation</td>
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**Freshers’ Welcome Party**
“Art is that makes a man find himself and loose himself at the same time”. Although arts & crafts often fit together, they are different processes. Whereas art involves unstructured activities, which one can explore with her/his imagination, crafts involve structured activities with a specific goal in mind. Integrating art and crafts into regular academic programme can deliver additional benefits: Many complex theoretical and mathematical concepts can become easier to comprehend and even more interesting. For example, drawing a picture or creating the sculpture of a character from a story, can boost one’s creativity and reading comprehension and interest in literature. When somebody participates in both arts and crafts, creativity and imagination receive strong stimulation and with some formative training, one can gain ability to create vivid paintings and express oneself boldly with color and brush strokes. The youngster can also learn about symbolic communication through the art s/he creates, choosing various colors to communicate feelings. Additionally, the art and craft activities also build problem-solving skills, fine motor skills and even social skills as s/he works with artistic media. The process of making our own creations and noticing other people’s creations provides important opportunities for the appreciation of other people’s strengths and acceptance of her own abilities. One also learns that the ability to follow directions is an integral part of the satisfaction of seeing the final result when making a craft. Efforts were made under the foundation programme to inspire the freshers on this life changing art & craft skills with the objective of imbibing in them intellectual acumens like creative thinking, problem solving, social awareness and group working.
outcome

The group started with the basics of sketching, painting and drawing techniques; and moved on to the activities like poster making, collage making, backdrop designing, etc under the mentorship of the experts from Kurukhetra University. The themes chosen for the activities depicted the ideas like conserving nature, Indian agriculture and contemporary social issues. To the great appreciation of the community, the Art & Craft group took up the creative work to decorate the Independence Day Celebration stage and the Freshers’ Day Programme. Awareness campaign posters were made for the Road Safety, Swachh Bharat and our national heritage sites. The energizing colours catalyzed the lives of students acting as stress busters. The students who never had a formal training in painting and craft picked up art and craft as their hobby at the end of the programme.

activities

• Poster making
• Rakhi making
• Collage making
• Mehandi designs
• Tatoos
• Face painting
• Backdrop designing

Nandhini. P. B., Animal Genetics and Breeding: I had a basic knowledge of art and I was looking forward to broaden my look out about it. This Club has done all what can be done in a month. I have been exposed to many new ideas that I had never experienced before. This activity has helped me find the child I had lost in me long ago. I would wish this activity gets more diversified and more specialized in each aspect of the diversification. I enjoyed it thoroughly and look forward to a great academic life at NDRI.

Anjali. M. K., Dairy Microbiology: It was indeed a great experience. I loved every minute of the activity. It was encouraging and liberating. I felt it was a very creative place to experiment with colours. The activity helped me to connect with many students from different divisions in NDRI. Before I was joining NDRI my parents warned me about the so called ragging incidences and all. On the contrary, I found NDRI a place to do lots of fun with colours & gain new friends. Great life!

Rashmi Gajraj, Animal Biotechnology: I am very glad that I became the part of the Art & Craft family of the Foundation Programme. The activities were very refreshing, and through this I could speak so much, which I otherwise hardly express in my day to day life, using the brush and paint. Additionally, I came to learn many things like team work, positive and joyful working and improving my imagination skills. It was very creative to convert waste materials into useful and beautiful art materials which made me to realize that the message made through art and craft makes efficient & creative impact on one’s mind. Brightening the walls with student’s work was truly appreciating and I felt proud to contribute for it. Thank you, NDRI for the opportunity.
Dancing is like dreaming with your feet. Dance embodies one of our most primal relationships to the universe. It is pre-verbal, beginning before words can be formed and is innate in any individual even before they possess command over language. Dance is evoked when thoughts or emotions are too powerful for words to contain. India has thousands of years old tradition of numerous classical and folk dance forms which use the same ‘mudras’ or signs of hand as a common language of expression and were originally performed in the temples to worship various Gods and Goddesses. The folk dances represent varied socio-ethnic values and traditions, are performed to celebrate special occasions and express joy. Dance is valued as a part of every person’s education, offering creative, healthy and stimulating experiences for all students throughout their lives. It is essential that education provide our students with the developmental benefits and unique learning opportunities that come from organizing thoughts and knowledge into the aesthetic experience. The art research shows that learning dance makes the students articulate and expressive in their communication of emotions, thoughts and feelings; inculcates in them creative thinking pursuits, to examine and evaluate different points of views and helps them to be self-motivated, disciplined and focused in their everyday lives. Hence, to promote balanced intellectual, physical and emotional development of students, the activity of Dance Group was introduced as a part of the NDRI Foundation Program.
There were 55 students who joined this activity. The students were exposed to Indian classical dance form Kathak and various western dance forms like hip hop, salsa, belly dance, free style etc. during the workshop. They were privileged to be mentored by one of the finest dance exponent from Kathak Kala Kendra. The boys also evinced interest in the same and practiced very hard even beyond the scheduled class hours for the activity. The students prepared well and gave several enthralling performances to celebrate Independence day, Janamashtmi festival and Freshers’ Day. The dance activities induced self-motivation and discipline in student and made them more creative and imaginative. Students who had stage phobia and were dancing for the first time could come out of their stage inhibition and gave excellent performances at the end of the Foundation programme.

**Activities**

- In solo, duet and group formats:
  - Kathak
  - Rudra
  - Folk dance
  - Western dance
  - Hip hop, salsa, belly dance, free style etc.

**Antony Johnson, Animal Nutrition:**
Our journey towards experiencing new level of dance started on August 3rd 2017. It was a really nice experience and I enjoyed it a lot. As most of the people among us were doing western dance for the first time, support from the teachers was very helpful. It made me feel that this was not only an enjoyable thing but also very much effective as an exercise too. We would also like to continue our dance classes in future too. Thanks to NDRI authority for giving us the chance to look beyond our routine stereotype class room life for learning other things and enjoying the moments of our life.

**Shashank Gow, Animal Physiology:**
It was my real pleasure to participate in the dance club activities. While rediscovering myself at the end of our foundation programme, I found a group of my senior friends who acted as a bridge to connect senior-junior relationship, and to connect with people from other disciplines. Overall, it was a good experience with our dance group buddies. Thanks to NDRI for the opportunity. Great fun! Will keep it up.

**Atul Walunj, M.V.Sc. Animal Physiology:**
NDRI Foundation Course was a great kickstart to my @NDRILIFE. I had great opportunity to learn Kathak that was a very rewarding experience for us. I feel this program has not only achieved its objectives but has been rewarding personally to all the freshers. It has substantially added some really good elements to our personality; moments of which will surely be one of the most cherishing memoirs of my student life. Thank you for making us believe that, we do have what it takes to be amazing. Proud to be NDRIan!
The entire world is a stage. The famous quote from William Shakespeare advocates balanced intellectual, physical and emotional development of students. This art form enhances the real life experiences and makes them more tolerant and considerate to a real life problem and situation. Understanding the usefulness of Drama as a way of “walking in someone else’s shoes”, helps students acquire the ability to identify with characters and actions through role playing and have a clear understanding of the diversity of opinion which is likely to exist among individuals. The drama activity improves the interactive and expressive skills of students. Appreciation of Drama makes one more tolerant, accommodative and well organized. To promote overall personality development, the activity of Drama and Theatre was introduced as a part of the Foundation Program for Freshers, 2017. The amazing journey was started on August 3rd, 2017 with group formation exercise. The students prepared the script and enacted two short plays. The first play was titled ‘Laalsa Manav Ki’, which had nine student participants. The second drama titled ‘Road Accident’ featured the precautions to be taken while driving and the calamities that can result, if these precautions and road safety rules are not followed. Drama & Theatre activities aimed at sensitizing students and exploring issues with a practical social or moral dimension with the objective to demonstrate commitment to effort and demonstrate trust in others.
outcome

The theatre and drama group consisted of 25 student members mentored by resource persons from University of Delhi and Theatre artists from Sangeet Natak Academy, New Delhi. “Real life is messy, and drama is a shaped version of real life.” with this concept, the students were exposed to several real life situations during the drama training and practice sessions. The plays were staged nicely during the Freshers’ Day celebrations on September 14, 2017 and received appreciation from all the audience presented in the hall. The activities during preparation of acts induced self-motivation and confidence in students and made them more disciplined. Acting helped them to become more expressive of their emotions, thoughts and feelings on the stage without any phobia. They gave excellent performances at the stage during Freshers’ Day Programme receiving great appreciation from the dignitaries.

activities

- Contemporary Indian Theatre
- Nuances of acting: Facing the audience
- Refining acting skills
- Role of theatre in personality development
- Practical manifestations of theatre
- Preparation of script and practice of two short plays

Hemant Thawkar, Dairy Technology: Frankly speaking, I joined the Drama and Theatre group of NDRI foundation programme purely for fun and also to get myself familiarised with NDRI weather. After a month long programme, I admit that the activities enhanced my knowledge and interest towards drama events. I learned a lot of things from our group mentors which could improve my talent as well as personality. Through this programme, I got a chance to participate in many group activities and made new friends. It was a superb experience to participate in the stage acting during the Freshers’ Night where I enacted the role of NARAYAN without any stage fear. I thank NDRI for making me a part of such a wonderful and enjoyable journey through the foundation programme.

Sunil Sakhala, Dairy Technology: The foundation programme at NDRI was excellent. I participated in the drama and theatre group activities. I had some stage fear before participation but after the rehearsals on the stage, I got over it. Foundation programme helped me to interact better with my batch mates from other departments and also to understand the key features of performing on stage. It gave us an opportunity to interact with artists of this field and learn from their experience. It helped us to improve my team spirit and learning how to work with different people. Like me, for many of the participants, it was the first time on stage, in front of such a huge audience. It was a great experience.

Jeeban Jyoti, Dairy Extension: It was a precious opportunity for me to be a part of drama and theatre club of NDRI foundation programme. Thanks to mentors of the club and to NDRI, for giving such a big opportunity to me. This club also gave me the platform to express myself and interact with students from other divisions of NDRI, in turn making me more social. I am thankful to our drama mentors who encouraged us at every step and made us rock on big stage of NDRI. I will never forget the experience of receiving a big round of applause from the audience after our play was staged on such a big stage on the Freshers’ Day.
Where words fail, music speaks. The ancient Greeks believed that they could enjoy the harmony of natural music from hills, deserts, and seethes of the sea. They imbibed the sense of music from the process of imitating nature and listening the patterns from the breeze of the air, drops of water, and surf of the sea. Since ages, people also have recognized the power of music in earning spiritual solace, triggering intellectual acumen and to focus mind on a point to achieve. Demonstrated sociology experiments have proved that music can play a significant role in personality development and in prevention of social deviations. Musical experiences which enhance the cognitive processing can impact on the perception of language which in turn impacts the learning ability. Active engagement with music sharpens the brain’s early encoding of linguistic sounds. Musical training develops skills which enhance perception of structural auditory patterns based on timbre differences between phonemes, which are critical for developing phonological awareness, and in turn contributes to learning to read successfully. Evidences support that a musically trained person is more able to retain verbal information. With this age old concepts the music group was conceived under the aegis of foundation programme for newly joined students of NDRI for the Academic Session 2017. The formation of the music group was aimed at overall personality development of students coming from diverse socio-cultural backgrounds representing almost all states of the country. The specific objectives were to overcome stage inhibition of newcomers, make them realise their own untapped potential, inculcate inspirational indulgence, impart group spirit, meaningful expression of thoughts and broadening of their thinking horizons.
outcome

A total of 38 students joined the music group and attended regular practice sessions for a month long schedule. Resource persons from Haryana Kala Parishad taught the freshers on basics of vocal and instrumental music and mentored them throughout the foundation programme. The group provided students a platform where they could overcome their stage inhibition and could discover their inner potential. Under this activity, students from diverse cultures and from different parts of India could mingle meaningfully and interact on a single platform. All the students, mentors and volunteers of the music group enjoyed the practice sessions which helped them to overcome their real life stress. The students prepared Saraswati Vandana and patriotic songs and staged an excellent performance during ‘Independence Day’ celebrations on 15th August 2017. Grand performances of the music group received great accolade during the ‘Freshers’ Day’ Programme on September 14, 2017.

activities

- Patriotic Songs
- Devotional Songs and bhajans
- Classical and Semi-classical Songs
- Folk songs including Punjabi, Assames, Rajasthani etc.
- Western Songs

Puja Kumari, Animal Biochemistry: My experience was very good during the foundation programme. I learnt many things about music during the practice sessions. Earlier, I used to have stage phobia but after attending this programme I feel very confident. Now, I can sing a song on the stage with a great confidence. Mentors and teachers always inspired us, whenever we tended to lose our confidence. This group activity also helped me in interacting with other students. Now, I know many students of NDRI and they are my friends. I was in stress sometimes due to tight schedule during late evening hours but 7-9 PM time of music class fully energized me and lastly, I want to thank all for this opportunity.

Fanny Josan, Animal Biotechnology: It was really a great feeling being a part of MUSIC GROUP. All resource persons and mentors helped me out to improve my singing skills with lot of patience and enthusiasm. Their appreciation during the music sessions made me feel like my voice is worth listening. I am privileged to get such an opportunity to learn a number of new things and interact with students from different parts of the country studying in different divisions during this one month of music sessions. I would like to say bundle of thanks to all the resource persons as well as authorities of NDRI for executing this great idea. Thank you.

Vishal Thakur, Dairy Engineering: It was a wonderful and heart-touching experience for me to be the part of NDRI music club during my orientation program. It enhanced my knowledge and interest towards the music. I never thought I could sing that well before joining this group. I must say the opportunity empowered me to know my inner self. Music group mentors were very supportive. They helped us a lot in improving our musical skills throughout the orientation program. It removed my stage fear. In future, if I get a chance to perform on a stage, I will definitely perform and rock.
Literature is “like a breath of air, filling the lungs and being expelled. It’s like a wave, breathing on shore and then ebbing to sea. It’s like the swing of a pendulum, forward and back”. It is a simple operation of mind, revealing the intricate beauty of a thought being molded from beginning to the end. Literary activities enable its practitioner expand their horizon of imagination and can allow them to discover and mimic the goals and emotions of people of all times and places. It is always a learning to understand how others have handled and perceived the characters of past- how they thought, reacted and behaved in a given situation. Literature helps the human mind developing the thought process and reasoning related to sequence, character motivation, predictions, cause & effect, critical analysis, creative response, visualization of actions among its followers. It provides the opportunity to discover, think, evaluate and analyze the people and circumstances around and enhances the ability of self to communicate with others and precisely convey the message without being misinterpreted and misunderstood. It is one of the important activities that makes students more expressive so that they enhance their writing skills, both technical and non-technical. The literary activities have been introduced as part of the ‘Foundation Programme’ during August 2017 at NDRI for all the freshly admitted UG and PG students. The goal of these activities was to help students to develop and enhance their linguistic and oratory skills and to overcome glossophobia for their personality development. It was aimed to overcome the quoted fear, “One of the hardest things in life is having words in your heart that you can’t utter.”
Various tasks conducted in “Literary Activities” for a month long duration enabled the students to explore their own self, to shed inhibitions, to unwind, to share and to endow them with the prowess to express them both verbally and linguistically. On the culmination day of the ‘Foundation Programme’ the entire freshers’ group assembled in the main auditorium of the institute to give their feedback. It was astonishing and rewarding to find students from ‘Literary Activities’ to be eager and to feel confident to go on the stage and give their feedback. Many of these students who were seen shy, recluse, and faltering while speaking, at the beginning of the course were beaming with confidence and “glossophobia” was certainly an alien word to them by now.
It is not the strongest or the most intelligent who will survive, but those who can best manage change, said Charles Darwin. Soft skills are the skills and competencies that allow us to interact effectively and productively, both within the organisation and outside. Hard skills can be proven and measured, whereas soft skills are intangible and difficult to quantify. Soft skills are a combination of social skills, communication skills, character traits, attitude, leadership ability, social and emotional intelligence that enable us to effectively navigate our environment, perform well, and achieve our goals. Soft skills are a key to building relationships, gaining visibility, and creating more opportunities for advancement for the self and people around. The art of communication is the stepping stone towards developing leadership skills. True leaders don’t create more followers, they create more leaders. For an effective professional leader, it is important to know the purpose of life and to work on his/her inherent strengths and weaknesses. Leadership also means inspiring and helping others reach their full potential. Keeping this idea in mind and for the holistic development of students, the soft skills group was created under the Foundation Programme for the fresher students. Under this activity various workshops cum interactive Sessions on ‘Verbal and Non-Verbal Communication’, ‘Public Speaking’, ‘Stress Management’ and ‘Climbing the Leadership Curve’ were arranged. The purpose of these workshops was to instil confidence in students to speak effectively in public and to present their thoughts coherently & effectively. The workshops also focused on inculcating inter-personal communication skills and developing leadership skills for making students realize their inner potential and transform them into individuals who can face the challenges of life.
Realising the importance of soft skills for being successful, soft skills sessions were made mandatory for all the freshers. Eminent resource persons from the corporate world and educational Institutes mentored the students. The students learnt that change is always to be effected from within and that is what matters most to become a great personality. These sessions helped the students to overcome their inhibitions and stage fear. At the end of the workshops on communication, the students mastered the art of public speaking with all the intelligence for the background preparation. Students also learned the correct pronunciation of words in an easy and interesting manner through songs. Through self-assessment tasks given to students during leadership sessions, they came to know about their purpose. The soft skill sessions provided them the correct platform and opportunity to work on their self-esteem and showcase their inner latent talent.

Apoorva Soni, Animal Biotechnology:
Public speaking is one of the most important aspects of one’s personality in today’s generation and the workshops on mastering public speaking and improving verbal and non-verbal communication skills were very informative. Students were given opportunity to come on stage and shed their inhibitions to speak in public. A lot of emphasis was given to improve our body postures, language, grammar & pronunciation skills. Through lovely English songs, students were made aware of the ways to pronounce words correctly. The sessions helped us to know more of ourselves and gain confidence. Overall, it was very informative and interesting experience.

Nandita Das, Dairy Chemistry:
The foundation Programme gave me opportunity to rediscover my personality. We did self-assessment and explored ourselves. Some questions were posed to us, which I never thought of relevance, during last 23 years of my life. During the entire orientation program, soft skills development session was my favourite as it gave me chance to come up on the stage and share something that I believe in from the core of my heart. It increased my confidence level and helped me creating my own network amongst the students. The sessions were never tiring, I returned to my hostel room with full of zest and new thoughts. I thank all mentors for exposing me to this program. Thank you.

Vipra, Animal Biotechnology:
The soft skills lectures/talks organized during the foundation programme were very inspiring. The talks not only focused on developing effective public speaking skills but also meant to know one, conquering stage fright, inculcating career attributes and personality development as well. The short motivational storytelling and that essence of sharing our experiences or know-how with everyone was an initiative to develop self-confidence without doubting one’s capabilities. It was all fun in doing self-analysis exercises during Workshops on “Climbing the Leadership Curve”, that directed us towards sharing our dreams without being on “Excusitis” ever in life.

- Mastering Public Speaking-Stage 1 ‘Prime’
- Mastering Public Speaking- Stage 2 ‘Prepare’
- Mastering Public Speaking- Stage 3 ‘Present’
- Mastering Public Speaking- Stage 4 ‘The Secret Sauce’
- Easy Ways to Communicate in English
- Improving Spoken English
- Professional Communication
- Social Media and English
- Climbing the Leadership Curve
- Stress Management
Talent wins games, but teamwork and intelligence win championships. Individual commitment to a group effort--that is what makes a team, a company, a society, and a civilization work. Team building facilitates better communication, motivates the team members towards a common goal, promotes creativity, develop problem-solving skills and breaks the barriers. It enables better relationships and communication skills and ultimately results in increased productivity. One of the most apparent advantage of team building exercise is that it reinforces the value of earning pleasure and having fun while working. Thus, making the teammates achieve the goal in a goal oriented ambience with enhanced participation and productivity of the team members. The team building exercise/activities were introduced as a part of the 'Foundation Programme' for all the freshly joined UG and PG students at NDRI. The goal of these activities was to emphasize upon taking responsibility while working in a team. It was also aimed to make them realise that accomplishing the group’s goals is more important that individual achievements. Team building activities were formulated to induce team interaction while exploring the possibilities of improving communication skills, cooperation, planning, roles and expectations. It was also aimed at enhancing their problem solving skills by identifying strengths and weaknesses of a group. The games were designed to expand the horizon of students to work in team and its importance.
Various exercises conducted in team-building sessions enabled the students to explore their communication skills, improve morale and leadership skills, find the barriers that thwart creativity, clearly define objectives and goals, improve processes and procedures, improve productivity, identify a team’s strengths and weaknesses, improve the ability to problem solving. The groups formed during foundation programme participated in various social activities such as Swachh Bharat Abhiyan, Rally for River, Cycle Rally, etc. which clearly indicated a real impact of the exercises. The team building exercise enabled students think and plan as per the abilities of the members of the group and support them so as to reach a fixed target.

- Socialization – Ice breaking activity
- Acid river test
- Square forming game
- Tower building game
- Win as much as you can game

Akshay Bhave, Dairy Technology: The Team building activity session helped us to realize the dynamics of team formulations and work ethics. It helped us to realize how to think of WIN-WIN situation. Acid river test helped us to realize the importance of physical fitness while broken square game helped us to learn how to understand the feelings, need and requirements of other colleagues at college or work place. Tower building game taught us how to believe in the co-workers and how trust on them can be helpful. Think win-win game made us realize that we should always think positive while allowing others to win also. Selfish nature is very harmful.

Suchismita Roy, Dairy Technology: The activity brings the best out of your character as a person when you are given the common objective to achieve. The exercises were a lot more practical and informative. Acid river test was important to show physical and group combination considering the need of task. When we work in team, we must understand their qualities and help them if they need. We also felt the conditions of needy people and their hesitation to ask for help by broken square game. While all games realized the importance of trust, tower building game was the most important game on trust building and helping partner to win. I thank the mentors for giving such exposure.

Davuddin, Dairy Technology: The session taught us how to behave in a group. The positive and negative points of teammates need to be taken care of so that we can utilize each of them. The situational leadership must be promoted for the best results. The most heart-touching game was Think Win-Win as for the first time I realized that we should not always win alone. Allowing the competitors and co-workers to win is also important for the growth of institute and organization. The session also helped us how to observe the other teams, to learn from their success and achievements. Games also realized the importance of women in team and time in the achievements.
Yoga is not a religion. It is a science, science of well-being, science of youthfulness, science of integrating body, mind and soul. Yoga originates from Sanskrit word ‘yuj’ meaning ‘to join, connect or balance’. The ultimate pursuit of all human beings culminates into everlasting happiness, joy, peace and a sense of fulfillment and achievement. This pursuit can be attained by practicing yoga in daily life. It activates the process of purification of mind by cleansing it and leading to the knowledge of self and divine. Thus, yoga literally means the connection of self with this knowledge that in turn unveils the ignorance that keeps our true self hiding. Yoga has been promoted all over the world as a mean of promoting human existence by enhanced physical, mental, social and spiritual health and realization of divine within us which touches all the aspects of life. With the objective to induce balanced intellectual, physical and emotional development of students and development of overall personality, the sports and yoga activities were introduced as a part of the Foundation Programme. The principal objective of yoga and sports session was to inculcate in them the habit of being disciplined in daily life. Secondly, it was aimed at inducing required physical fitness to the students and making them more active, fit and mentally alert. Thirdly, since yoga and sports are real source of mental and physical happiness and peace, so the activity was aimed to help them gain mental fitness which help them overcoming the distractions, depression, loneliness and anxiety associated with modern life-style.
outcome

Almost all the fresher students and few senior students also participated in this activity with full enthusiasm. The activity was conducted for one and half hour sessions twice a day, morning and evening for one month. The morning sessions were organized by the trained yoga practitioners from Patanjali group. The sessions included yogic jogging sequences, surya namaskar, asana, sukshm vyayam and prayanam. The sessions filled the students with ever-lasting energy and carved a cheerful persona out of them. The activity helped the students address not only several health issues, but also enabled them to achieve better confidence and concentration in their studies. The students participated in the city level Rahgiri sessions, cycle rally and swachh bharat abhiyaan, to name a few.

activities

- Yoga practice sessions
- Rahgiri sessions
- Cycle rally
- Slow cycling
- Sac Race
- Race-200m, 400m

Raju Kumar Dewry, Animal Reproduction, Gynaecology:
Experiencing the foundation programme was new for me. Initially, I felt it too hectic a schedule to start my day so early in the morning at 6 am, running around the classes throughout the day and join the yoga session again in the evening. However, over the period of time, I gained interest in these activities as they were helping me to be alert, active and energetic for the whole day. The activities helped me to cope-up with my mental pressure. Now, I strongly feel that these types of extra-curricular activities are very much essential so as to compete with our day-to-day struggle and stand out in crowd. I am happy to share that I have finally completed the month long Foundation Programme with cent percent attendance.

Pradeep Nag, Animal Reproduction, Gynaecology:
At the beginning of the programme, I felt that all the activities were a waste of time, especially yoga. I continued believing this for a week as it was hectic and troublesome to get up early and bear pain. I was not used to practicing exercise and games. But, post first week my perception changed and I started to feel lighter, active and fit. Now, I am continuing yoga from the last consecutive 60 days and I have changed a lot in positive direction. I would like to thank NDRI and all the mentors who were associated with this activity for bringing out the positive side of our being.

Shubham Kapoor, B.Tech:
Yoga was the most interesting part of foundation programme. It refreshed us for the whole day and kept us physically as well as mentally alert. It helped me specially to overcome my laziness. I am happy that during my first year of B.Tech, I got an exposure to such kinds of activities, which have enabled my all round development making me more confident, happy, able and cooperative. I started making friends more easily than before. Now, I believe and can say yoga is not only important for yogis but also for the people of all age groups. Thank you very much NDRI for arranging these beautiful sessions of yoga as a part of foundation programme.
p r o g r a m m e  m e n t o r s

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Dance Group  |  Dr. Smita Sirohi, Dr. Sunita Meena, Dr. Richa Singh, Dr. Neelam Upadhyay, Dr. Rashmi H. M.

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Music Group  |  Dr. A. K. Singh, Dr. Prateek Sharma, Sh. Chander Mehta, Mrs. Prem Mehta

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