



**149 - GOVERNMENT POLYTECHNIC COLLEGE,
VANAVASI- 636457**



Report on Bridge Program for First Year students (2025-2026)



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The Bridge Program for First - Year Diploma students was organized in accordance with AICTE norms, with the objective of helping students transition effectively from school to diploma education. The program focused on developing essential academic, personal and social skills required for their diploma course and beyond. To strengthen the effectiveness of the bridge program faculty members Mr. M. VADIVEL., Lecturer in Mathematics and Mr. V. MADHAVARAJ., Lecturer in Chemistry attended an AICTE recommended Faculty Development Program (FDP) "Train the Trainer - Diploma Bridge Program". Their learnings from the FDP were effectively incorporated into the bridge program sessions to enhance student engagement and learning outcomes. The program was conducted for one week from 07.07.25 to 15.07.25.

PROGRAM HIGHLIGHTS

The bridge program included sessions on:

- Interpersonal Skills and the 5Cs
- Memory Techniques for Learning
- Student Mind Mapping
- Communication Skills and Effective Listening
- Yoga for Calmness and Stress Management
- I Can Do & I Am Special – Building Self-Confidence
- Self-Introduction and Goal Setting
- Motivation and Mindset Change
- Manners, Etiquette and Personal Grooming
- Positive Thinking and Managing Failures
- Introduction to Diploma Subjects and Department Orientation
- Cleanliness Mission

The Bridge program schedule is as follows:

Day 1 (07-07-25)

FN Session

Topic: Orientation Day (Welcome Address and Ice-Breaking Activities)

An orientation program was organized to welcome the first-year students who were admitted to diploma program at the college premises on 07.07.25. The day was marked with the presence of our college Principal Mr. N. JAGADEESAN., and Dr. S. Murugesan., Vice - Principal of our college.

The Bridge Program for first-year students began with a warm welcome session led by the faculty team. Mr. E. PRAKASH., Lecturer in Physics, the Program Co-Ordinator, addressed the students and briefed them on the objectives of the bridge course. To make students comfortable and encourage interaction, various ice-breaking activities were conducted.



AN Session

Topic: Time Management

The afternoon session focused on the topic of Time Management handled by class tutors. The session was interactive and encouraged students to reflect on their current habits and explore ways to improve their daily routines for academic success.

Day 2 (08-07-25)

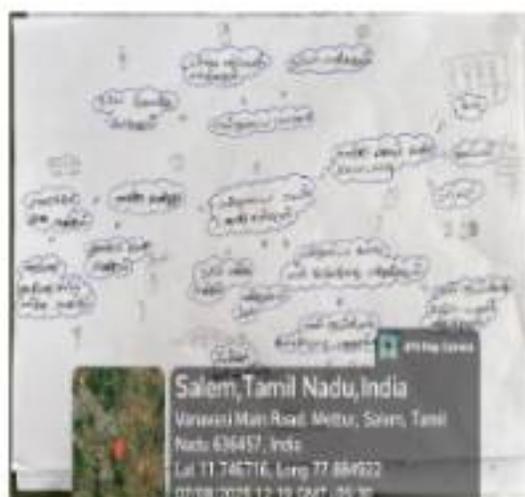
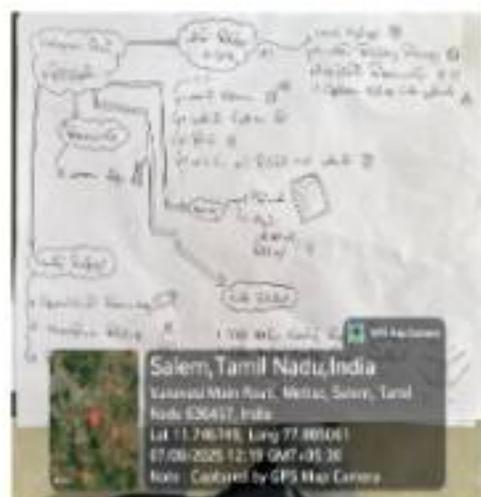
Department: Civil / Mechanical

FN session

Topic: Student Mind Mapping

Speaker: Mr. V. MADHAVARAJ, Lecturer in Chemistry

The first session of the day was led by Mr. V. MADHAVARAJ who delivered an insightful presentation on "Student Mind Mapping". He explained how mind mapping is a powerful tool for organizing thoughts, enhancing creativity and improving memory. Students were encouraged to create their own mind map based on a given topic.



AN Session

Topic: Communication Skills Basics, Effective Listening & Understanding Others

Speaker: Mrs. R. RAJ PREETHI., Lecturer/English

The second session was conducted by Mrs. R. RAJ PREETHI., on "Communication skills". She explained the importance of verbal and non-verbal communication. Group activities were conducted to promote public speaking and peer interaction.



Department: EEE &ECE

FN Session

Topic: Memory Techniques for learning

Speaker: Mr. V. MAHALINGAM., Lecturer / Chemistry

The session began with an engaging talk by Mr. V. MAHALINGAM., on "Memory Techniques for learning". He introduced students to scientifically proven memory enhancement methods aimed at improving learning efficiency. He gave simple exercises for the students to train the brain for better concentration and retention.



AN Session

Topic: I can Do & I Am special – Building Self-Confidence

Speaker: Mr. M.VADIVEL., Lecturer / Mathematics

Following the memory session, Mr. M.VADIVEL delivered a motivational talk on Self-Confidence development titled "I Can Do & I Am Special". He emphasized the importance of self-belief in academic and personal success.



Department: Computer & DMT

FN Session

Topic: Self – Introduction & Goal Setting

Speaker: Mrs. P. SONYA., Lecturer / Mathematics

Mrs. P. SONYA conducted an engaging session on "Self – Introduction & Goal Setting". She emphasized the importance of effective communication, especially when introducing oneself in academic and professional settings. The students were guided on how to present themselves confidently, highlighting their strengths, interests and aspirations.



AN session

Topic: Motivation & Mindset change

Speaker: Mrs. S. PRIYA, Lecturer/ Physics

Mrs. S. PRIYA led an inspiring session on "Motivation & Mindset change" using the art of storytelling. Through series of inspiring stories, she illustrated the power of growth mindset, perseverance and resilience. Her storytelling approach made the concepts relatable and memorable for the students. She emphasized that setbacks are stepping stones to success and encouraged students to embrace challenges as opportunities for learning and self-improvement.



Day 3 (09-07-25)

Department: Civil / Mechanical

FN Session

Topic: I can Do & I Am special – Building Self-Confidence

Speaker: Mr. M.VADIVEL., Lecturer / Mathematics

An empowering session on Self-Confidence building under the theme "I can Do & I Am special. He motivated students to recognize their unique strengths, talents and abilities. The session was interactive, with activities designed to help students reflect on their self-worth and capabilities.



AN Session

Topic: Motivation and Mindset change

Speaker: Mrs. S. PRIYA., Lecturer/ Physics

The second session was conducted by Mrs. S. PRIYA on "Motivation and Mindset change" using the engaging method of storytelling. She narrated several real-life and inspiring stories of individuals who turned failures into opportunities through resilience and determination.



Department: EEE &ECE

FN session

Topic: Student Mind Mapping

Speaker: Mr. V. MADHAVARAJ., Lecturer in Chemistry

Mr. V. MADHAVARAJ conducted a thought-provoking session on "Student Mind Mapping". The session aimed to help students organize their thoughts, ideas and learning process effectively using the mind mapping technique. He explained how mind mapping can improve memory, creativity and problem-solving skills by visually structuring information.

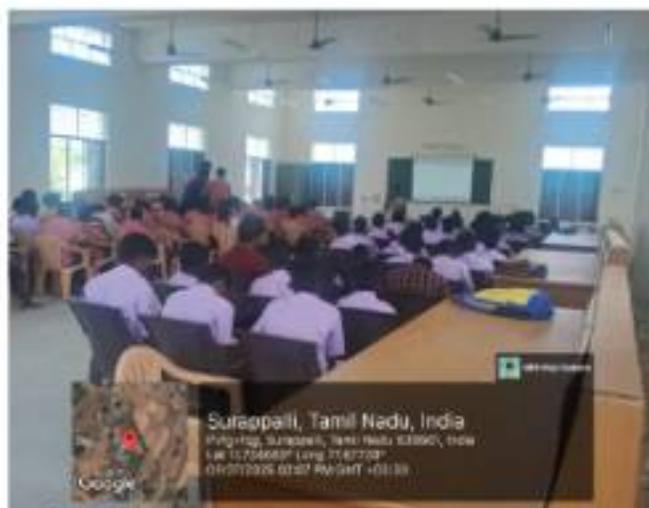


AN Session

Topic: Communication Skills – Basics, Effective Listening & Understanding Others

Speaker: Mrs. R. RAJ PREETHI., Lecturer/English

Following the mind mapping session, Mrs. R. RAJ PREETHI led a practical session on "Communication Skills and Listening". The session covered Importance of active listening and its role in conversations and principles of clear and effective Communication.



Department: COMPUTER & DMT

FN Session

Topic: Interpersonal skills – The 5Cs, Importance of Courtesy & Commitment

Speaker: Mr. E. PRAKASH., Lecturer / Physics

Mr. E. PRAKASH conducted an enlightening session on Interpersonal skills with a focus on the 5Cs "Communication, Care, Confidential, Commitment and Courtesy. He explained how these five core skills are essential for personal and professional success. Each skill was discussed

with real-life examples, encouraging students to reflect on their current abilities and areas for improvement.



AN Session

Topic: Outdoor and Indoor Team Exercises

Speaker: Mr. D. THANGAMANI, Lecturer / Physics

The second session of the day was led by Mr. D. THANGAMANI on “Outdoor and Indoor Team Exercises” aimed at strengthening teamwork, leadership and coordination among students. Various group activities, games were organized to enhance coordination and cooperation.



Day 4 (10-07-25)

Department: Civil / Mechanical

FN Session

Topic: Memory Techniques for Learning

Speaker: Mr. V. MAHALINGAM, Lecturer / Chemistry

Mr. V. MAHALINGAM conducted an engaging session on "Memory Techniques for Learning" to help students improve their memory retention and recall abilities. He explained how these techniques can be applied to understand and remember complex concepts in academic subjects. Interactive exercises were conducted where students practiced some of these strategies.



AN Session

Topic: Introduction to Diploma subjects, Department/Domain Orientation, Industry Awareness- Video, Basic Lab Exposure and Safety Instructions

Students were given an overview of the key in their diploma course. A detailed orientation about the department was provided. Students were introduced to the basic laboratory

setups and equipment they would be using during their course. The session concluded with the screening of an Industry Awareness video.



Department: EEE & ECE

FN Session

Topic: Yoga for Calmness & Focus, Stress Management through Yoga & Breathing

Resource Person: Mr. E. PRAKASH., Lecturer / Physics

The session was focused on the topic "Yoga for Calmness & Focus, Stress Management through Yoga & Breathing" explained how practising yoga and mindful breathing helps in calming the mind, enhancing concentration and maintaining emotional balance. Students were introduced to effective yoga postures and breathing exercises that they can practice regularly to improve mental well-being and focus.



AN Session

Topic: Self – Introduction & Goal Setting

Speaker: Mrs. P. SONYA., Lecturer / Mathematics

Mrs. P. SONYA commenced the session by highlighting the importance of a self-introduction in both academic and professional environments. She guided students on how to introduce themselves effectively by sharing their background, interests and skills.



Department: COMPUTER & DMT

FN session

Topic: Manners, Etiquette and Personal Grooming

Speaker: Dr. H. SHAHEEN, Lecturer / English

Dr. H. SHAHEEN delivered an enlightening session on "Manners, Etiquette and Personal Grooming". She explained the significance of maintaining good manners and proper etiquette in academic, social and professional settings. She guided the students on personal grooming, highlighting the role of neat appearance, hygiene and dressing appropriately for various occasions.



AN Session

Topic: Positive Thinking and Managing Failures

Speaker: Mrs. P. MALARVIZHI, Lecturer / English

Mrs. P. MALARVIZHI conducted a motivational session on "Positive Thinking and Managing Failures". She explained the power of positive thinking in achieving success and strategies to overcome failures. Students were encouraged to develop problem-solving abilities, learn from their mistakes and remain optimistic even during tough times.



Day 5 (11.07.25)

Department: Civil / Mechanical

FN Session

Topic: Yoga for Calmness & Focus, Stress Management Through Yoga & Breathing

Resource Person: Mr. E. PRAKASH, Lecturer / Physics

The session began with an introduction to the importance of maintaining mental calmness and focus. The resource person explained the benefits of yoga in reducing stress and improving mental health.



AN Session

Topic: Positive Thinking and Managing Failures

Speaker: Mrs. P. MALARVIZHI, Lecturer / English

Mrs. P. MALARVIZHI delivered an inspiring and interactive session focused on the importance of positive thinking and the right approach to managing failures. She emphasized that maintaining a positive attitude helps students overcome obstacles, stay motivated and build resilience.



Department: EEE & ECE

FN Session

Topic: Manners, Etiquette and Personal Grooming

Speaker: Dr. H. SHAHEEN., Lecturer / English

The session emphasized respectful behaviour, appropriate communication and the importance of being courteous and mindful in interactions. Students learned how a well-groomed appearance enhances confidence leaves a positive impression.



AN session

Topic: Introduction to Diploma subjects, Department/Domain Orientation, Industry Awareness- Video, Basic Lab Exposure and Safety Instructions

This session highlighted the importance of each subject, & its relevance to the industry. Orientation about the department was provided, introducing students to the department facilities. This helped students familiarize themselves with their academic environment. Students were guided for the proper handling of tools and equipment.



Department: COMPUTER & DMT

FN Session

Topic: Communication Skills – Basics, Effective Listening for Understanding Others

Speaker: Mrs. R. RAJ PREETHI., Lecturer/English

The session began with an introduction to the basics of communication. A major focus of the session was on effective listening, where students learned that listening is an active skill. Interactive activities and role-play scenario were included to make the session engaging and participative.



AN Session

Topic: I can Do & I Am Special – Building Self-Confidence

Speaker: Mr. M. VADIVEL., Lecturer / Mathematics

Mr. M. VADIVEL delivered an enlightening session on "I Can Do & I Am Special – Building Self-Confidence". He emphasized that self-belief is the first step towards success and every student has the potential to achieve great things if they maintain confidence in themselves.



Day 6 (14.07.25)

FN Session

Department: Civil/Mechanical

Topic: Manners, Etiquette and Personal Grooming

Speaker: Dr. H. SHAHEEN., Lecturer / English

Dr. H. SHAHEEN addressed the importance of manners, etiquette and personal grooming. She guided students on personal grooming and hygiene, explaining how maintaining a neat and presentable appearance builds confidence and self-respect.



Department: EEE &ECE

Topic: Positive Thinking and Managing Failures

Speaker: Mrs. P. MALARVIZHI., Lecturer / English

Mrs. P. MALARVIZHI delivered an inspiring session on "Positive Thinking and Management of Failures". She spoke about the power of optimism in overcoming challenges and

and emphasized the importance of having a growth mindset. Students learned strategies to manage failures positively and remain motivated in the face of difficulties.



Department: COMPUTER & DMT

Topic: Memory Techniques for Learning.

Speaker: Mr. V. MAHALINGAM, Lecturer / Chemistry

The session led by Mr. V. MAHALINGAM, focused on "Memory Techniques for Learning" at helping students improve their ability to retain and recall information more efficiently. Students learned how to apply these methods in their daily studies to enhance academic performance and develop better study habits.



Day 7 (15.07.25)

FN Session

As part of the Bridge Program, the session included activities under the Cleanliness Mission followed by the Valedictory function.

CLEANLINESS MISSION

Students were actively participated in the cleanliness drive aimed at promoting hygiene, sanitation and environmental responsibility within the campus. The mission encouraged students to understand the value of cleanliness in both personal and public places.



AN Session

VALEDICTORY FUNCTION

Following the cleanliness Mission, the Valedictory function of the Bridge Program was conducted, Faculty members provided motivational messages, encouraged the students to apply the skills and values gained during the program. Students shared their experiences, key learnings and how the program helped them prepare for their academic journey.



The Bridge program was successfully organized by the program Co-Ordinator Mr. E. PRAKASH / Lecturer in Physics. The participation of trained faculty members Mr. M. VADIVEL and Mr. V. MADHAVARAJ who underwent the Faculty Development Program (FDP), further ensured that the program was structured, impactful and beneficial for all students.