

Report on the Orientation Programme

I B.A. Historical Studies Shift I & II (2026-2027)

The Department of Historical Studies, Queen Mary's College, Chennai, organized a two-day Orientation Programme for the newly admitted First Year B.A. Historical Studies students on **7th and 8th July 2026** at the G.J. Hall. The programme was designed to warmly welcome the freshers, introduce them to the academic environment of the department, and prepare them for their undergraduate journey.

The orientation commenced with a welcome address by the Head of the Department and faculty members, who introduced the students to the department's vision, academic expectations, and opportunities available during their course of study. The sessions aimed to familiarize students with college life while encouraging them to develop confidence, discipline, and a passion for learning.



A key session focused on "**Why Study History?**", highlighting the significance of history as a discipline that develops critical thinking, analytical skills, research abilities, and an understanding of society, culture, and civilization. Students were encouraged to view history not merely as the study of the past but as a subject that equips them to understand the present and shape the future.

Another informative session addressed "**How to Study History Effectively.**" Faculty members guided students on developing effective reading habits, note taking techniques, analyzing historical sources, writing assignments, preparing for examinations, and making use of libraries and digital resources. The importance of regular study, classroom participation, and independent research was emphasized.

Recognizing the importance of holistic development, a special session was conducted on **Sports Participation and Co-curricular Activities**. Students were encouraged to actively participate in sports, cultural programmes, NSS, NCC, and various college clubs. The speakers highlighted how extracurricular involvement contributes to leadership qualities, teamwork, physical fitness, and overall personality development.

A **Health Awareness** session was also organized to educate students about maintaining both physical and mental well-being during their college years. The session covered topics such as nutrition, personal hygiene, stress management, regular exercise, and seeking timely medical support whenever necessary. Students were encouraged to adopt healthy lifestyles that would support both their academic and personal growth.

One of the most engaging segments of the programme was the **interaction between senior and junior students**. Senior students shared their academic experiences, offered practical guidance on adapting to college life, managing coursework, participating in departmental activities, and preparing for future career opportunities. Their motivational talks created a friendly atmosphere and helped reduce the anxiety often experienced by first year students.

Interactive discussions, question and answer sessions, and student participation throughout the programme made the orientation lively and informative. The newly admitted students actively engaged with faculty members and seniors, expressing enthusiasm about beginning their academic journey.

The two-day orientation programme concluded successfully with a vote of thanks. The Department of Historical Studies expressed its commitment to supporting students throughout their undergraduate education and encouraged them to make the best use of the opportunities available in the college. The programme served as an excellent platform for introducing students to academic life while inspiring them to pursue excellence in their studies and personal development.