

DON BOSCO COLLEGE OF ENGINEERING, FATORDA

SCIENCE & HUMANITIES DEPARTMENT

REPORT OF FE STUDENT INDUCTION PROGRAM 2026-27

As mandated by the AICTE Model Curriculum, Don Bosco College of Engineering conducted a two-week Student Induction Program (SIP) for the newly inducted first year engineering students. The schedule was meticulously prepared keeping in mind the norms and recommendations of AICTE. The first week was coordinated by the department of Science and Humanities, while the second week was coordinated by the respective departments. The Science and Humanities, in association with Health and Wellbeing Club organised the following sessions:

04th August 2026- The second day of the orientation programme began with a yoga session conducted by Ms. Swaroopa Sail, Civil Eng. Dept., DBCE. She demonstrated various yoga postures and explained their importance in relieving stress and in overall wellbeing. The students actively participated in the session by practising the postures demonstrated.

The next session was on “POSH Act” conducted by Adv. Emidio Pinho, SCAN-Goa. This was followed by a talk on “Healthy Living: Nutrition, Wellness and HIV/AIDS Awareness”, that was delivered by Dr. U J Wanda Viegas, Senior Medical Officer at GMC. She highlighted the importance of physical and mental health, stress management and healthy lifestyle practices among students.

05th August 2026- On the third day, the morning session began with a video screening on substance abuse followed by a session on “Healthy Relationships” by Fr. Jeronimo D'Silva, Prof. in Psychology, Rosary College, Navelim. In his session Fr. Jeronimo spoke about green and red flags in a relationship. The green flags included communication, trust, individuality, growth, conflict resolution and resilience.

08th August 2026)- On Sixth day, the morning session was by Mr. Tejas Pandit, an Alumnus of DBCE, delivered a talk on “Goa Beyond the Beaches: Discovering Our Heritage”.

As part of the Student Induction Programme, a talk on “Don’t Burn Out, Stand Out – Time Management and Mental Health” was conducted on 8th August 2026 for the newly joined freshers of Don Bosco College of Engineering (DBCE). The session began at 10:45 a.m. in the Auditorium and was led by Ms. Palosha Pereira, Counsellor. The session focused on effective time management, prioritising tasks, avoiding procrastination and maintaining a healthy balance between academics and personal life.

The session also highlighted the practical tips for students outlined in the Annexure C of the Mental Health Policy, including emotional well-being, digital balance, managing academic stress, self-care, healthy habits and recognising personal strengths. The interactive session encouraged freshers to develop positive habits and prioritise their mental well-being as they begin their college journey, inspiring them to “Stand Out Without Burning Out.”



Simultaneously, a session for parents on “Mental Health Policy” was conducted by Mrs. Elaine Dias, Counsellor, DBCE. She spoke about building meaningful connections and nurturing a positive future.

The session on parenting to partnership was well attended by parents of First Year students at DBCE. The session focused on the changing role of parents as children transition into adulthood, with emphasis on building trust, maintaining open communication, and supporting independence while staying connected. Through interactive activities, reflections, and the kite analogy of “Hold the string.

Trust the wind. Let them fly,” parents were encouraged to reflect on their parenting approach and understand the importance of giving young adults space to grow while remaining a safe and supportive presence.

The session also highlighted the value of listening without immediately advising, allowing children to learn from mistakes, and practising self-compassion, the positive participation and response from parents reflected the relevance and value of the session.



DON BOSCO COLLEGE OF ENGINEERING, FATORDA
DEPARTMENT OF SCIENCE & HUMANITIES

Health and Wellbeing Club
PRESENTS
A TALK FOR PARENTS

From PARENTING to PARTNERSHIP

BUILDING CONNECTIONS.
RAISING FUTURES.

TALK BY
Ms Elaine Dias
COUNSELOR

8TH AUGUST 2026 (SATURDAY) | **11.30 A.M.** | **SEMINAR HALL 1**

Let's grow together in understanding, respect and love.

DON BOSCO COLLEGE OF ENGINEERING, FATORDA
DEPARTMENT OF SCIENCE & HUMANITIES

In Association with Health and Wellbeing Club

Student Induction Programme 2026-2027
Session on "Meditation & Yoga"

Tuesday 04 August 2026
09:30- 10:30 a.m.
Auditorium

Conducted by: Ms. Swaroopa Sail
CIVIL ENGG. DEPARTMENT

DON BOSCO COLLEGE OF ENGINEERING, FATORDA
DEPARTMENT OF SCIENCE & HUMANITIES

In Association with Health and Wellbeing Club

Student Induction Programme 2026-2027
SESSION ON
"Don't Burn Out - Stand Out"
(Time Management and Mental Health)

Saturday, 08 August 2026
10:45-11:45 a.m.
Auditorium

Speaker : Ms. Palosha Pereira
Counsellor

DON BOSCO COLLEGE OF ENGINEERING, FATORDA
DEPARTMENT OF SCIENCE & HUMANITIES

In Association with Health and Wellbeing Club

Student Induction Programme 2026-2027
Talk on "Healthy Relationships"

Wednesday 05 August 2026
09:30- 10:30 a.m.
Auditorium

SPEAKER: FR. JERONIMO D'SILVA
Assistant Professor in the Department of Psychology

DON BOSCO COLLEGE OF ENGINEERING,
FATORDA



DEPARTMENT OF SCIENCE & HUMANITIES

In Association with Health and Wellbeing Club

Student Induction Programme
2026-2027

Talk on "Health & Nutrition"



Tuesday
04 August 2026



11:30- 12:15 p.m.



Auditorium



Speaker: Dr. U J Wanda Viegas
SENIOR MEDICAL OFFICER, GMC